

VISIT...

LANZAROTE
Caliente.COM



Tried & True Visitor Contributed Recipes

Added May 27, 2001

GREAT North Carolina BBQ Recipe!

I love your page 'cause I'm a HUGE BBQ fan. I jut love the stuff. I saw you

had 2 recipes for NC BBQ but the one I have is much better.. Since I grew

up in rural coastal NC I know what BBQ is there. When I moved to KY everyone

freaked at my BBQ< but none the less...They all love it. Here goes:

2 cups White vinegar

2 sticks butter or margarine

2 tbs. salt

2 tbs. red crushed pepper

5 teaspoons black pepper

2 tbs. lemon juice

2 tbs. sugar

Mix all together and simmer on low heat a while. That's it! It keeps in the fridge almost forever.

To make real NC pork BBQ just boil some pork shoulder or butt till it falls apart and shred then mix with sauce. enjoy!

=====

July 2, 2001

Robert Foster's Ribs

I used dried thyme last time and just

crushed it a bit and it was much better than ground. I found the recipe on the internet somewhere...i can't remember where. I didn't use barbeque sauce at all...just this.

3 tablespoons ground cumin

2 tablespoons California chili powder

1 tablespoon pasilla chili powder

2 tablespoons ground thyme

1-1/2 tablespoons garlic powder

1 tablespoon ground celery seed

1 teaspoon ground ginger

1/8 teaspoon ground cloves

1 teaspoon black pepper

1 teaspoon salt

2 tablespoons packed brown sugar

1-1/2 cups very strong coffee

1 tablespoon Worcestershire sauce

2 tablespoons black molasses

1-1/8 teaspoons liquid smoke

4 beef bouillon cubes

8 racks pork baby back ribs (about 12 pounds)

1 cup hickory wood chips (optional)

Barbecue sauce for serving

Preparation

To make the barbecue paste: Combine all the spices and the brown sugar in a small bowl and set aside.

Combine the remaining paste ingredients in a medium saucepan and cook over

medium-low heat, stirring occasionally, until the bouillon cubes dissolve, 3 to 5 minutes. Slowly add the spice mixture, stirring constantly, until thoroughly combined. Remove from the heat and set aside for 5 minutes to cool.

Thoroughly rub the ribs with the paste. Place the ribs in a deep, wide pan, cover with plastic wrap, and refrigerate for at least 5 hours or overnight.

If you have any barbeque paste left over, cover and refrigerate it.

Prepare a fire in a charcoal grill. If using the hickory chips, soak them in water to cover. When the coals are at medium-low heat, drain the chips (if using) and sprinkle half of them over the coals. Place the ribs on the cooking rack, cover the grill, partially open the vents, and cook for 30 to 40 minutes, turning frequently. Sprinkle the remaining hickory chips over the coals after 20 minutes.

Remove the ribs from the grill and serve dry or with a favorite barbecue sauce on the side.

=====

July 2, 2001

Mark E.'s Potato Salad

Creamy Dijon Potato Salad

Yield: 6 Servings

6 ea Red Potatoes, med

2 ea Green Onions, sliced

1/2 c Sliced Celery

1/3 c Oil

3 T Dijon

2 T White Vinegar

1 t Dried Basil

1/2 t Salt

1/4 t Pepper

Cook potatoes, cool slightly, cut into cubes, mix with onions & celery. Whisk together other ingredients, toss with salad & chill for 1 hour

=====

July 5, 2001

lil'd from goremaid's

Artichoke Dip

2 14oz artichoke hearts copped

2cups parmesan

1 4oz black olives

1cup mayo i do mean mayo

1or2tbs.chopped garlic

Mix it all and bake in glass pan at 325 degrees.

Eat with smoked oysters and crackers

=====

July 14, 2001

UMP from Statesville GA writes-

"A variation of the beer can chicken. Prepare the bird as the recipe begins but lightly coat the outside with olive oil, then lightly coat the outside with a breading mix (I like House of Autry) and continue to cook. It's like fried chicken only with less fat."

=====

January 31, 2002

Jackie sends in an authentic Aussie BBQ recipe as follows-

Spiced Lamb Kebabs

500g trim lamb cut into cubes

1 tbspn olive oil
1/2 tbspn peppercorns
salt to taste
1 med red capsicum
12 shallots or spring onions

in large bowl, add meat oil and spices and coat meat thoroughly. leave to marinate 2 hours
halve and remove seeds from capsicum and cut into large squares. Trim tops off spring onions and boil for 1 minute. Drain and refresh under cold water then cut lengthwise. On each skewer thread cubes of meat and onion and capsicum. Continue until all ingredients used.

Combine the ingredients together for the dressing in a bowl. Place kebabs on a pre heated grill and grill over high until golden brown all over and turn after 5 min. Sprinkle salt to taste.

Spoon rest of dressing prior to serving

Tip: use wooden skewers soak in water for an hour to prevent getting burned

Thank you so much for taking the time to email me these!

BBQ GUIDE

Forum: Cooks Online Section: Outdoor Cooking Subj: smoking a turkey

To : all 11/15/95 12:59 AM From : David Plumlee, 71715,1463 #612702

With Thanksgiving near, and with a "free" turkey coming my way after having filled a "turkey card" at my neighborhood grocery, I am thinking about smoking that bird in my Brinkman Water Smoker. In brief review, the unit has a fire pan at the bottom, a water pan a few inches above that, one rack directly atop the water pan, and another rack at the top, with a dome over the whole assembly. I saw one method for "grilled turkey" that required coals separated with some kind of separating bars--which I don't have, and which I doubt would fit the smoker pan. I have some good charcoal briquettes and some mesquite; but I think I am going to order in some cherry or apple wood from a store called Summit Outdoor Living in a city near me. Though the mesquite is labeled for chicken, turkey, seafood, beef, pork, I am afraid it would give the turkey too strong a "bite." This will be my first turkey to smoke if I decide to do it. I'm looking for good information and/or instructions on how to go about it, a rough idea of smoking time or how to determine it (my turkey will weigh 13 pounds), other tips that would help. I believe this turkey will come with a "funny button," a somewhat crude "digital" indication of when the turkey is done. To Water-smoke it, I am thinking of somewhere around 16 hours to smoke the 13-pound turkey. I hope the weather will be good, but I never know for sure. I have often wondered how cold the temperature can be and one still be able to smoke something like a turkey. Of course, if it is really cold, I will only come out periodically to check the smoker. Any help you folk can provide will be greatly appreciated. One other reminder: I will be doing most of the work without sighted assistance, though I have a friend who might come around once or twice to check how it is doing. We are thinking of a deal between us by which she will carve the turkey for me and Debbie, and we will give her some of the meat. I am going to obtain the trimmings from her, as I will have enough to do to get the bird smoked, and I DON'T want any stuffing in a turkey I am going to smoke for about 15 hours. Thanks.

P.S. I guess I now know more of the difference between GRILLING and SMOKING. In the grilling recipe for turkey I downloaded and mentioned earlier, the time allowance appears to be 12 minutes per pound--if I read it correctly. I know that for smoking, the time allowance is quite longer than that. My smoker book mentioned about 45 minutes per pound generally, but on several things I have smoked, that hasn't been quite enough. Thanks for the good forum you have here.

Forum: Cooks Online Section: Outdoor Cooking Subj: smoking a turkey

To : David Plumlee, 71715,1463 11/16/95 10:12 AM From : STEVE BONEM, 74004,2043 #613238

I too am planning to smoke a turkey on T-day. I have a Brinkman electric water smoker. I called the Butterball Turkey-Talk Line and they gave me some very suspect advice for a charcoal smoker ["...use two layers of coals, add extra coals every 45 minutes, check temperature after four hours and cook till 180 degrees. If temp. has not risen to 140 degrees within 4 hours, finish in oven."] This summer I smoked a 6 pound turkey breast and after 7 hours it was perfect. For a whole turkey, I plan on 1 to 1-1/2 hours per pound, as per the directions in the Smoke and Spice Cookbook. Because there are so many variables, such as wind and outside temp., I will rely on a meat thermometer to be sure I don't poison the family.

Forum: Cooks Online Section: Outdoor Cooking Subj: smoking a turkey

To : David Plumlee, 71715,1463 11/17/95 11:45 PM From : Marcia Press, 72467,2353 #614049

David -

What's the weather expected to be there next Thursday?

I've had 12 pounds of bird take as short as 2 1/2 hours (85 or 90 degrees in Los Angeles) and as long as 4 1/2 hours for 2 - 4 or 4 1/2 pound ducks (25 degrees or so in Salt Lake City.) BTW at the 4 1/2 hour point I put the ducks in the oven for another hour of cooking! I have the Cook'n Ca'jun Water Smoker Cookbook by Sondra Hester (no ISBN), which says at 60F - 80F an 11 to 13 pound turkey should take 6 to 7 1/2 hours to cook. It also says to allow extra time above 3500 altitude. We're al about 5000 in SLC, but I've never found the altitude adjustment necessary.

I've used apple, mesquite, and hickory chips for smoking poultry - all tasted good. I don't use the water for anything except the cooking, so I throw in a couple of tablespoons of dried minced garlic and onions to add taste.

We used to have a Brinkman smoker like you describe. Found it easier to try and set up all the charcoal to begin with- a real mountain of coals. We never got the reload/restart on the long fires to work right, and trying to lift the top off while full of turkey to get to the fire required two offensive linemen, which I never had handy. [Editorial comment from the technical staff - offensive was never a problem for those in attendance, just the lineman part.] Also, the water will evaporate before the cooking is done, so I added boiling water thru the side to the pan to try and not slow down the cooking process.

Marcia

PS - if you ever want to try duck let me know. That's the favorite here!

o : James M. McLaughlin, 70323,2112 11/17/95 11:35 PM From : David Plumlee, 71715,1463 #614043

Jim, I live in Independence, MO, near Kansas City. Our weather is cool now. I hope tomorrow it will be around 60 degrees. The lady at Summit Outdoor Living said that they figure about 1.5 hr/lb at 220 degrees. My turkey does have a "funny button" on it, so every few hours, I will check it. Another thing that will help me not to get the smoke flavor too strong is the wood I am going to use. I bought some pecan wood. It is supposed to have a light flavor. Summit suggested either apple, cherry, or pecan. I chose pecan.

Speaking of Summit Outdoor Living, that store sells wood in various "flavors" and sizes (chunks, logs, etc.); they sell a variety of smokers and grills--not the cheap ones, mind you, but the "good stuff". They have all the way from small quasi table-top units to the monster smokers that will feed an army. The store is in Lee's Summit, MO. The reason I mention this is that I read a message once from someone looking for a source of woods and supplies in the central U.S. They also have the Oklahoma Joe's Dry Rubs in three or four blends. I don't want to advertise on this forum; but if someone is seeking a source of supplies in the central U.S., let me know and I'll get you the phone number. You can contact them and find out if they have what you want. I, too, have found it hard to find a good source for the really interesting woods. I can find mesquite and hickory by the train load at almost any grocery store; Kingsford Matchlite by the ton. But if you want good woods such as pecan, cherry, or apple, they are hard to find. I feel fortunate that I have a source only a few miles from me. I ordered one day, and the wood was on my porch the next evening.

Forum: Cooks Online Section: Outdoor Cooking Subj: smoking a turkey

To : James M. McLaughlin, 70323,2112 11/17/95 11:35 PM From : David Plumlee, 71715,1463 #614043

Jim, I live in Independence, MO, near Kansas City. Our weather is cool now. I hope tomorrow it will be around 60 degrees. The lady at Summit Outdoor Living said that they figure about 1.5 hr/lb at 220 degrees. My turkey does have a "funny button" on it, so every few hours, I will check it. Another thing that will help me not to get the smoke flavor too strong is the wood I am going to use. I bought some pecan wood. It is supposed to have a light flavor. Summit suggested either apple, cherry, or pecan. I chose pecan.

Speaking of Summit Outdoor Living, that store sells wood in various "flavors" and sizes (chunks, logs, etc.); they sell a variety of smokers and grills--not the cheap ones, mind you, but the "good stuff". They have all the way from small quasi table-top units to the monster smokers that will feed an army. The store is in Lee's Summit, MO. The reason I mention this is that I read a message once from someone looking for a source of woods and supplies in the central U.S. They also have the Oklahoma Joe's Dry Rubs in three or four blends. I don't want to advertise on this forum; but if someone is seeking a source of supplies in the central U.S., let me know and I'll get you the phone number. You can contact them and find out if they have what you want. I, too, have found it hard to find a good source for the really interesting woods. I can find mesquite and hickory by the train load at almost any grocery store; Kingsford Matchlite by the ton. But if you want good woods such as pecan, cherry, or apple, they are hard to find. I feel fortunate that I have a source only a few miles from me. I ordered one day, and the wood was on my porch the next evening.

The Shack Barbeque Sauce

Categories: BBQ Outdoor Meat

Calories per serving: Number of Servings: 10 Fat grams per serving: Approx.

Cook Time: Cholesterol per serving: Marks:

INGREDIENTS -----

6 Tbsp chili powder 6 Tbsp pepper, black 6 Tbsp salt 4 cup catsup 4 cup
vinegar, white 4 cup water 1 ea onion, large, minced

DIRECTIONS -----

Combine chili powder, pepper and salt. In a large saucepan, combine catsup,
vinegar, water and onion. Stir in dry mixture. Bring to a rolling boil, reduce
heat and cook uncovered 1 1/2 hours, stirring every 10 minutes. The mixture
will reduce almost to half, about 55 ounces. Pour into sterilized jars and let rest
for a few days. (The Shack was a BBQ spot in Little Rock for a number of
years.) Upl: Overton Anderson, 10-11-92 Source: Richard Allin, Ark. DG 7-26-
92

*** Recipe Via Compu-Chef (tm) ***

The Saga of Thompson's Turkey

Morton Thompson was most well known for his best-seller, "Not as a Stranger." Not much of his other work fared as well. He wrote a book of his reminiscences published in 1945 called, "Joe, the Wounded Tennis Player". Not a very popular book, it did contain a rather peculiar turkey recipe. I have run across this recipe from time to time in books and newspapers, and have edited it for you here.

It is a recipe for the fearless cook. It takes, as you will find, one with some amount of self confidence to place this dish on the table in front of friends. This is not a simple recipe, but it takes more work than skill. We are assured, however, that the end is worth the means. In the words of Morton Thompson, "If you want a well-cooked dinner, the labor of preparing must be equal to the pleasure of your enjoying....No merchant or wizard can offer for sale or loan the priceless ingredient implicit in whatever food you serve." This is not a picture-book recipe either. Author Richard Gehman said, "This turkey comes out of the oven looking as though someone had made a fearful mistake. It is covered with a hard, jet-black crust that seems to be a combination of coal and ashes. Guests, when they catch first sight of it. wish that had gone elsewhere for dinner. When they begin to eat it, they realize that they had never known turkey at all." Thompson again. "You will think, 'My God! I have ruined it!' Be calm. Beneath this burnt, harmless, now worthless shell the bird will be golden and dark brown, succulent, giddy-making with wild aromas, crisp and crunchable and crackling. The meat beneath this crazing panorama of lip-wetting skin will be wet ... white, crammed with mocking flavor, delirious with things that rush over your palate and are drowned and gone as fast as you can swallow." With that precaution and, hopefully, temptation, I give you the recipe for....

Thompson's Turkey

16-22 pound turkey, WITH NECK SKIN LEFT ON!!
salt
pepper

Stock for basting:

gizzard, neck, & heart from turkey
1 bay leaf
1 tsp paprika
1/2 tsp coriander
1 clove garlic
4 cups water
salt
pepper
1 cup cider
Bowl A:
1 apple, diced
1 orange, peeled and diced
1 can crushed pineapple, drained

grated rind of 1/2 lemon
1 can water chestnuts, drained, halved or quartered
3 tbsp preserved ginger, chopped

Bowl B:

2 tsp dry hot mustard
2 tsp caraway seeds
3 tsp celery seeds
2 tsp poppy seeds
2-1/2tsp oregano
1 large bay leaf - crushed
1 tsp freshly ground black pepper
1/2 tsp mace
4 tbsp parsley, finely chopped
4-5 cloves garlic - minced
1/2 tsp tumeric
4 large onions - well chopped
6 stalks celery - chopped
1/2 tsp marjoram
4 cloves - remove the heads and crush
1/2 tsp savory (summer savory if possible)
1 tbsp poultry seasoning

Bowl C:

3 pkgs unseasoned breadcrumbs (fresh, if possible)
3/4 lb ground veal
1/4 lb fresh pork
1/4 lb butter
fat rendered from turkey

Bowl D: Coating Paste:

2 egg yolks
1 tsp Coleman's mustard
1 clove garlic, minced
1 tbsp onion Juice
1/2 tsp salt
2 pinches cayenne pepper
1 tsp lemon juice
flour

Begin by making a stock from the gizzard, neckbones, heart, and kidneys.

Place them in a pot with 4 cups of cold water. Place over a medium heat until the stock comes to the simmer and a scum begins to form. Skim all off with a large spoon. Then turn down the heat to a simmer and add all the seasonings: the bay leaf, coriander, paprika, and garlic, salt & pepper. Cover leaving the lid just a little ajar, being sure that the stock simmers, but doesn't boil.

Clean the bird, rinsing both inside and out. Dry very well with paper towels. Season the cavity with salt and pepper all around. Remove as much of the fat from the turkey as you can find and cut loose. Place this fat into a small pan and cook over a med-low heat until it is almost all melted (rendered) into a liquid. Don't let the remaining pieces burn.

Make the dressing by beginning with all the ingredients listed above in their respective bowls. One by one mix the contents of bowls A, B. & C well. Then mix them all together into a large bowl. Mix it well. "Mix it with your hands. Mix it until your forearms and wrists ache. Then mix it some more. Now

toss it so it won't be a doughy mass." Stuff the turkey with this dressing but not too tightly because it will swell a bit. Seal the turkey by skewering the opening and tying it shut. Then if you have some stuffing left, stuff the neck tube and tie it shut.

Preheat the oven to 500 degrees. Place the turkey in a roasting pan, preferably on a rack, breast down. Make the coating paste by mixing the yolks, mustard, garlic, onion juice, salt, cayenne pepper, and lemon juice. Mix well. Add enough flour, mixing, to form a fairly stiff, but still spread able paste, and place a pastry brush close by.

Place the turkey in the oven, just until it has browned all over. Remove it from the oven and turn the heat down to 325 degrees. While the turkey is hot, paint it ALL over with the paste. But it back into the oven. After a few minutes, when the paste has set, remove it again from the oven, and paint it again. Be sure to cover every bit of the turkey, "every nook and cranny." Put it back into the oven. Repeat until there is no more paste left.

Now add the cup of cider to the stock, and turn the heat down so the stock just stays warm, but doesn't cook any more. Stir it well. This is the basting liquid. If it runs low, replenish it with half cider and half (previously made) stock. Baste the turkey every 15 minutes. (12-15 times). After the turkey has cooked an hour and a half, turn it on it's stomach, and let it cook in that position until the last 30 minutes, when you should place it upright again. It should cook 4 1/2 to 5 1/2 hours depending on size.

If you wish to make gravy, do it in your usual way.

I will close with another passage from Richard Gehman in his book, "The Haphazard Gourmet",

"Thompson did not describe the taste of the stuffing for the simple reason that it is indescribable. It is full of a vast collection of elusive and exotic flavors, of fruit and of greens, bits of crispness and of delicate meats.

... I don't know if [Morton] Thompson is in Heaven or not, but if he is, this must be his second visit. I don't know of any other place where he could have picked up the original inspiration for Thompson's turkey."

I certainly hope that you enjoy reading about this recipe. If you try it and find that it lives up to any small part of its reputation, please let me know.

I don't think that I'd serve it for guests the first time, unless they were very experimental types. After that, if you like it, pass on the story as well as the recipe.

Neil

Texas "Tea"

Ingredients: XXB

2 oz. Vodka 2 oz. Gin 2 oz. Rum 2 oz. Tequila 3 oz. Triple Sec 3 oz. Sweet and sour syrup 3 oz. Coca-Cola

Directions:

Mix all ingredients and serve over ice in tall glasses. Makes 2 drinks.

Notes: Do not attempt to operate any heavy equipment.

Texas-Style Chicken Fried Steak with Cream Gravy

It is hard to get much more Texan than Chicken Fried Steak. Quality of the beef really counts in this dish. This recipe calls for cube steaks, but good round steak that you have asked the butcher to run through the tenderizer or that you have tenderized yourself with a mallet (no big deal and can be a real stress reliever) can be even better.

Ingredients: XXE

4 Tenderized beef cutlets (known in supermarkets as "cube steak") 1 Egg 1 C Milk 1-1/2 C Flour 1 C Melted Crisco or vegetable oil 1/2 t Salt 1/4 t Ground black pepper 1/4 t Paprika 1/4 t White pepper

Directions:

Beat together the egg and milk and set aside. Combine the flour and spices, mix well, and turn out onto a flat-surfaced dish or tray.

Dip each cutlet into the milk/egg mixture, then dredge each in the flour mixture, then dip back into the milk/egg mixture. (You're going to get your hands messy here, so take your rings off.)

Heat cooking oil in a large cast-iron or other heavy skillet over medium-high heat for a few minutes. Oil should be about a half-inch deep in the pan. Check the temperature with a drop of the egg/milk mixture; if it pops and sizzles, it's ready.

With a long-handled fork, carefully place each cutlet into the hot oil. Protect yourself (and your kitchen) from the popping grease that results. Allow cutlets to fry for 3 to 5 minutes, then turn with your long-handled fork. Cook another 3 to 5 minutes, depending upon the size of the cutlets. Remove cutlets from oil and allow to drain on paper towels.

Cream Gravy

After the cutlets are removed from the pan, pour off all but about 3 tablespoons of oil, keeping as many as possible of the browned bits in the pan. Heat the oil over medium heat until hot.

Sprinkle 1/2 cup flour (use the left-over flour from the chicken fried steak recipe (waste not -- want not) in the hot oil. Stir with a wooden spoon, quickly, to brown the flour.

Gradually stir in add 3/4 cup milk and 3/4 cup water, mixed together, stirring constantly with the wooden spoon and mashing out any lumps. Lower heat, and gravy will begin to thicken. Continue cooking and stirring a few minutes until gravy reaches desired thickness. Check seasonings and add more salt and pepper according to your taste.

Note to persons new to Cream Gravy: Gravy-making is an inexact science.

Cream gravy is supposed to be thick, but if you think it's too thick, add more liquid until you like it.

Teriyaki Sauce

1 t. powdered garlic {or 2 cloves garlic} 1/2 t dry ginger 1/4 c. soy sauce 1 T.

veggie oil 1 T. sugar pepper to taste 1/4 c. dry cooking sherry or whiskey

Multiply recipe 3-6 times....enough to cover meat.

Cut steak into strips and skewer...marinate overnight.

Ten Steps to a Picture-Perfect Turkey

Every year, the Butterball Test Kitchen staff roasts numerous turkeys to determine the method that will produce the best-tasting, picture-perfect turkey. Time and again, the "Butterball Open Pan Roasting Method" wins hands down. This method virtually guarantees a moist, flavorful, golden turkey. Follow these 10 easy steps to create a picture-perfect turkey:

1. If turkey is frozen, thaw in the refrigerator or cold water. When ready to cook, remove the wrapper. Preheat the oven to 325F.
 2. Remove the neck from the body cavity and the giblets from the neck cavity. Drain the juices and blot the cavities with paper towels.
 3. Just before roasting, stuff the neck and body cavities lightly, if desired. Turn the wings back to hold the neck skin in place. Return legs to tucked position, if untucked. No trussing is necessary.
 4. Place the turkey, breast side up, on a flat rack in an open roasting pan about 2 inches deep. A handy "Turkey Lifter" comes with each Butterball Turkey. Place this special string cradle on a rack, then place the turkey on top and bring the loops up around the turkey. Do this before putting the turkey in the oven and when lifting the cooked turkey from the pan, use the loops as handles.
 5. Insert a meat thermometer deep into the thickest part of the thigh next to the body, not touching the bone.
 6. Brush the skin with vegetable oil to prevent skin from drying. Further basting is unnecessary.
 7. Wash preparation utensils, work surfaces and hands in hot, soapy water following contact with uncooked turkey and juices.
 8. Roast at 325F. For approximate cooking times, see chart. When the skin is light golden brown, about 2/3 done, shield the breast loosely with lightweight foil to prevent over browning.
 9. Check for doneness 1/2 hour before turkey is expected to be done. Turkey is fully cooked when the thigh's internal temperature is 180F. The thickest part of breast should read 170F and the center of the stuffing should be 160F.
 10. When done, let the turkey stand for 15 to 20 minutes before carving.
- Following are newly revised cooking times for turkey roasted at 325F on a flat rack in a shallow open pan, about 2 inches. An extensive Butterball study has revealed that today's turkeys are cooking quicker, making them more convenient for consumers.

This schedule should be used as a guideline. Start checking for doneness 1/2 hour before recommended end times.

Net Weight	Unstuffed	Stuffed
(in pounds)	(in hours)	(in hours)
10 to 18	3 to 3-1/2	3-3/4 to 4-1/2
18 to 22	3-1/2 to 4	4-1/2 to 5
22 to 24	4-1/2 to 5	5-1/2 to 6-1/4

For accurate, useful turkey advice and tips, call the toll-free Butterball Turkey Talk-Line at 1-800-323-4848. Hearing- and speech-impaired consumers, call 1-800 TDD-3848.

TEA-SMOKED CHICKEN

Here's a use for the wok that you might never have thought of: meat smoker. This recipe also requires a steamer (preferably bamboo) -- and some aromatic black tea. The chicken is then finished in an oven.

Makes 4 servings

I N G R E D I E N T S

3 Tbs Black Chinese tea
1 Tbs Brown sugar
1 Tbs Uncooked rice
1 Lemon grass stalk, chopped
4 Chicken breasts
8 Spring onions, sliced
1 Tbs Ginger root, thinly sliced
2 Garlic cloves, minced
4 oz Oyster mushrooms, torn
2 Tbs Soy sauce
4 Tbs Rice wine
Salt
Pepper

D I R E C T I O N S

Line a large wok with aluminum foil. Mix together the black tea, sugar, rice and lemon grass, then sprinkle the mixture on the bottom of the wok.

Lay a bamboo steamer inside the wok. Place the chicken breasts on a plate and place it in the steamer. Cover. Over medium heat, smoke the chicken for 15 minutes on each side-- until the breasts are evenly brown.

Remove the chicken from the steamer. Set aside. Preheat oven to 400 F.

Slice each breast in half lengthwise, and then place two breast halves onto a square of foil large enough to enclose each breast portion. Over each portion, scatter equal measures each of spring onion, ginger, garlic and oyster mushrooms. Season lightly with salt and pepper. Drizzle soy sauce and rice wine over each portion. Wrap the foil up over each breast portion and pinch edges to seal.

Cook the foil pouches in the preheated 400 F oven for 20 minutes. Serve immediately with steamed white rice.

Tartar Sauce

This is my favorite tartar sauce recipe, it is good with fried oyster sandwiches (my personal fav)

1 1/4 C. mayo (Best Foods) 1/3 C. finely chopped dill pickles 1/4 C. chopped green olives (w/pimento) 1/2 small onion, minced 1 T. capers, chopped 1 small jalapeno pepper. minced (seeded if you don't like it too hot) 1 T. lemon juice salt/pepper to taste 1/2 t. sugar Mix and refrigerate.

I have used cayenne pepper to replace the jalapeno.

T The following message has scrolled from Cooks Online Forum.

#: 569297 S8/Outdoor Cooking 18-Jul-95 11:45:42 Sb: #Smokers Fm: Isabel Cutler/NY [74723,366] To: Michael Harmon [70662,1007]

>> HI! Did you ever get a reply to your original questions??? I have the same ones!! <<

I believe I did regarding several--but I decided to get a Camerons' Stovetop cooker/smoker on the recommendation of a friend.

I am not at all sorry--am in fact, delighted, because I don't have to have another big black thing in my backyard.

The Camerons uses very little wood (a half tablespoon last time I use it for smoked chicken) and doesn't take a long time to smoke: 25 minutes for 3/4" salmon steaks and 30 minutes for chicken breasts.

Cleanup is a breeze and the unit takes up the space of about a 9" x 13" roasting pan. It's stainless steel and very attractive, I might add!

I bought it from Bridge Kitchenware in New York City.

Isabel

-Isabel Cutler/NY



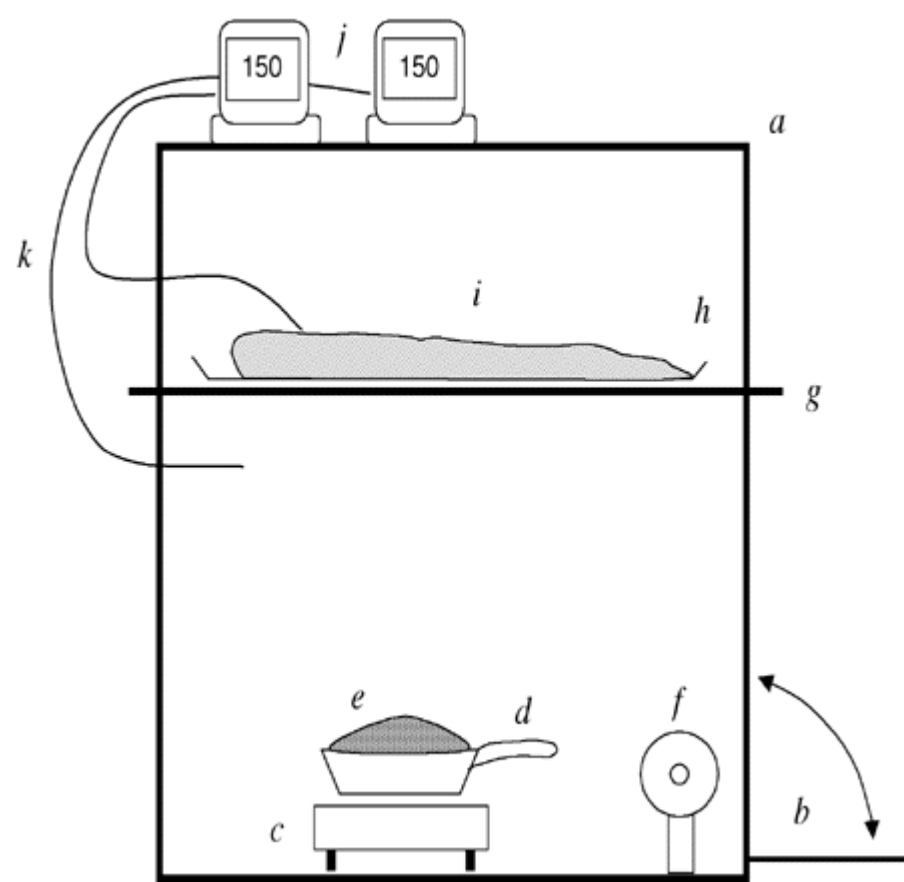
<http://www.foodtv.com>

The Good Eats Custom Corrugated Vapor Colloid Applicator (Cardboard Box Smoker)

Key:

- a) heavy-duty corrugated box (no interior painting)
- b) flap door
- c) electric hot plate
- d) small cast-iron skillet
- e) hardwood sawdust (no pressure-treated wood or plywood allowed)
- f) small battery-operated fan (optional)
- g) 2 quarter-inch wooden dowels inserted through box in parallel fashion
- h) oven rack
- i) target food (fish skin-side down)
- j) thermometers (although probe styles are shown, standard stem models may

be used in a pinch)
k) thermometer probes (one in the box, the other in the fish)



Sweet & Sour Short Ribs

You will need the following:

Pork ribs

Vinegar

Water

Sugar

Carmel color

Lemon sliced

Cornstarch water

Salt, white pepper

First cut the ribs into $\frac{1}{2}$ to $\frac{3}{4}$ in pieces please be very careful you will need a heavy knife or a cleaver

Now place ribs in a large pot or wok and cover with water and vinegar and sugar add lemon slices add salt and white pepper not much just a pinch or 2 let ribs cook until done (when meat is almost but not falling off bone). Place in separate container. And cool

You may put these in the refrigerator and use later.

Heat ribs in pot or wok, let come to soft boil and Carmel color and cornstarch water until desired thickness. Please do not add to much color you only want a light to slight dark color.

Top with pineapple and enjoy.

SUPER SHORT RIBS

Try these with mashed potatoes. > > 1 tablespoon olive oil > 4 1/4 pounds beef short ribs > 2 onions, quartered > 1 8 1/4-ounce can pineapple chunks with syrup > 1 14 1/2-ounce can beef broth > 1/2 cup bottled chili sauce > 1/4 cup honey > 3 tablespoons Worcestershire sauce > 4 garlic cloves, chopped > Chopped fresh parsley > > Preheat oven to 350°F. Heat oil in heavy large ovenproof pot over > medium-high heat. Add ribs and brown well, turning frequently, about > 10 minutes. Add onions, pineapple with syrup, broth, chili sauce, > honey, Worcestershire sauce and garlic to ribs; stir to coat. Cover > pot and bake ribs 1 hour. Uncover and bake until ribs are tender, > about 1 hour. Season to taste with salt and pepper. Sprinkle with > parsley. > > Serves 4. > > Bon Appétit > October 1997 > The Cook's Exchange; Marlene Tobin, La Quinta CA >

Steak au Poivre Categories: meat outdoor

Calories per serving: Number of Servings: 4 Fat grams per serving: Approx.

Cook Time: 30 minutes Cholesterol per serving: Marks:

INGREDIENTS : 4 ea beef, filet steaks 0 -=SAUCE=- 1/4 cup pepper, corns,
cracked 1 ea shallots, minced 5 ea onion, green, chopped 1/4 lb butter 1/4 cup
cognac 2 tsp mustard, Dijon 1/4 cup cream, heavy

DIRECTIONS -----

Crack the peppercorns in a cloth with a rolling pin or hammer. Season the steaks with salt then press an even coating of the cracked pepper on each side using about 2/3 of the pepper.

Sauté the shallot and green onions in butter in a 10" skillet. Keep half of the shallot/onion butter in the skillet and warm the other half on the grill for basting.

Grill the steaks to taste basting with the butter.

When the steaks approach doneness, begin to make the sauce.

Bring the left over butter/shallot/green onion mixture to heat and add about 2 Tbsp of the remaining cracked pepper. Sauté for about 1 minute. Add the cognac and flame being careful not to become a human torch. When most of the alcohol has burned off, add the mustard and cream. Stir thoroughly with small whisk.

At this point, the steaks should be done. Put the steaks in the skillet with the sauce and baste well.

Serve with plenty of sauce on the side. This is truly a regal dish. Source: Private Collection

For some exciting beverages to go with this [CLICK HERE](#).

Visit my exciting home page!

[HOME PAGE](#)

Spit-Roasting a Pig

This file contains all the hints, tips and tricks discovered by an amateur over the course of five or so years and at least that many pig roasts. My husband Kevin and I live in the Toledo, Ohio area and belong to a gourmet club. Said club talked us into our first pig roast five years ago because we have a large backyard with a pool and perfect setting for a luau theme.

We get our pigs directly from a local wholesale butcher. This is the guy that sells to our local meat market. We saved at least \$50.00 buying direct from him. Look in your yellow pages under Meat-Whsle to find someone in your area. We buy them gutted and scalded which is done to remove the bristles. Our guy just calls this spit-ready. The only thing left inside the chest cavity is the livers which are REALLY GOOD. It's best to remove these and roast separately as they get too done when left inside the pig. Don't mess with the head at all - just rub the inside cavity and the skin all over outside with a sea salt, fresh ground pepper and garlic salt rub and roast as is.

We did stuff one of the smaller ones we did with a bread and apple based stuffing and it was delicious. Just make sure the stuffing is pretty moist and pack inside loosely. Truss up like a turkey.

We rent our spit - brand name BIG JOHN from a local party rental place. It is electric and has a large bin underneath for charcoal. There is a long metal spike that runs the length of the bin. You run this spike through the pig's mouth, his split chest and belly section and out his rear end! There are spikes that hold the pig on the spike and then a second slender metal rod that affixes to the spike about a foot away. Then you wrap the spikes and pig tightly in narrow-holed chicken wire. This keeps the pig from falling into the coals at the end of roasting as he (she?) tends to start falling apart when getting done.

We usually roast a pig 75-100 lbs starting in the morning at 9:00 or so and finish around 7:00 pm. We figure about 1 1/2 lbs of pig per person. It takes about 10 bags of charcoal the way we do it, but be sure to have enough or be able to run for more. The trick to a great and safely roasted pig is to keep the temperature of the pig slowly rising during the day. It should be 180-190 degrees when finished. Check a cookbook for a finished temperature for roast pork. We just keep stoking the coals a little more each time we add new coals to keep the heat rising. I keep a good meat thermometer in the thigh muscle of the pig to monitor the temperature the entire time. We just dry roast until the last two hours when we begin basting with a basting sauce of some kind. There is one in our market called Audrey's that is really good, however I am not sure if it is available nation-wide. A soy sauce or balsamic vinegar and soy based is good too. Make sure it is subtle - you don't want to overwhelm the pig with flavor. We also throw hickory chips on the fire the last hour to smoke him a bit. My CIS friend Kevin suggests dry chips cause they smoke better and also suggest trying a new product by another CIS member called Bar- B-Cubes that can be bought at Target stores that is a charcoal with either mesquite or hickory incorporated.

When the pig is deliciously browned, the proper temperature and smelling wonderful throughout the whole neighborhood, get him off the spit onto a picnic table covered with tin foil. We carve almost every bit of him up and serve in chafing dishes with a great BBQ sauce and a Hawaiian sweet/sour sauce on the side for choosing between. We provide toasted sandwich buns - hoagie style and slather with sauce to enjoy. We always serve corn on the cob boiled over our fire pit in a clean metal garbage can. Our fire pit is a circle of bricks four or five high with a grill rack on top. Then I serve it with lots of lime butter and salt and pepper. Have a good fruit salad, potato salad and macaroni salad and lots of cold beer and you are set! If you are doing the luau theme get a

cookbook from the library and try one of the punch drinks where you soak all the pineapple, lemons, oranges etc... in rum for 12 hours to make a potent fruit punch drink!

Enjoy! Kathleen Carmony

BBQGUIDE'S NOTES that there is an excellent book of recipes that contains a very in depth, photographic guide for a "KALUA PIG ROAST" by "Manu Tuiasosops of the 49r's available at www.amazon.com. Use search word NFL FAMILY COOKBOOK. You can buy one used from \$3.00!!! please let me know if you buy this book and what you think.

Southwestern Barbecue Sauce

Ingredients: XXI XXM

10 Cloves garlic, baked (at 350° for 30 minutes, then peel) 2 C Ketchup 2 Celery stalks, chopped 1 C Sweet or yellow onion, chopped 1 C Water 1/2 C Brown sugar, firmly packed 1/2 C Butter 1/2 C Worcestershire sauce 1/2 C Apple cider vinegar 3 T Chili powder 2 t Instant coffee 1/2 t Cayenne pepper 1/2 t Dried crushed red pepper 1/2 t Salt 1/2 t Ground cloves

Directions:

Combine all ingredients in a saucepan. Slowly bring to a boil, reduce heat and simmer for 20 minutes. Allow to cool.

Pour mixture into blender container. Process until smooth, scraping down side of container as necessary. Makes about 5 cups.

Notes: May be used to baste meat or chicken and/or served as a sauce on the side.

If you use the sauce both for basting and serving on the side, be sure to separate the sauce used for basting from the sauce you will serve. The sauce used for basting will accumulate raw meat juices via your basting brush or mop as you baste and, therefore, should not be eaten.

Forum: Cooks Online Section: Meat-Poultry-Fish Subj: Scallops

To : Andrew Briggs, 106325,462 11/18/96 11:53 AM From : P. Kavanagh, 100676,523 #722951

Andrew

A couple of recipes for scallops with sauce for a starter.

Scallops with Tangy Orange: Serves 4

8 King Scallops, 50g Butter, 1 bunch of Spring Onions finely chopped, including green parts. 1 clove of Garlic, finely chopped, juice of 1 Orange, Salt & freshly ground Black Pepper, 2 teaspoons Double Cream or Creme Fraiche Orange twists to garnish.

Saute scallops in butter for 2 to 3 minutes, remove with slotted spoon and keep warm. Put spring onions & garlic into pan and cook gently until soft. Add orange juice, salt and pepper and stir well. Remove from the heat and swirl in the cream or creme fraiche. Arrange scallops on individual plates and spoon over the sauce. Garnish with twists of orange.

Scallops Single Malt: Serves 4

450 g Queen Scallops, 140ml Fish or Chicken Stock, 125g Butter, 30ml fresh chopped Parsley, 30ml single Malt Whiskey and 40g fine oatmeal.

Poach scallops in the stock for 3-4 minutes until just tender. Drain and transfer to individual dishes. Melt the butter in a small pan, stir in the parsley, whiskey and 25g of the oatmeal. Cook gently for 1-2 minutes. Pour the sauce over the scallops, sprinkle remaining oatmeal and cook under a hot grill until golden.

Both recipes look spectacular served in real scallop shells or small scallop shaped dishes.

Regards

Paul

SARA MOULTON PRIME RIB WITH YORKSHIRE PUDDINGS

Recipe courtesy Gourmet Magazine for Sara Moulton on Cooking Live

2 rib tied prime beef rib roast (from small end, about 4 1/2 pounds trimmed)

2 teaspoons Kosher salt

Pepper, to taste

For vegetables:

2 1/2 tablespoons vegetable oil

16 pearl onions

3 carrots, thinly and diagonally sliced

3 celery ribs, thinly and diagonally sliced

2 portobello mushrooms, stems removed and cap cut into 8 wedges

1 1/3 cups Merlot or other dry red wine

1 cup veal or beef demi-glace*

2 tablespoons red currant jelly

3/4 teaspoon drained bottled horseradish

3 tablespoons chopped flat leafed parsley

Accompaniment: 4 Yorkshire puddings

*available at specialty foods shops

Preheat oven to 450 degrees F.

Put beef, fat side up, in a shallow flameproof roasting pan. Sprinkle salt and pepper over top. Roast beef in lower third of oven for 20 minutes. Reduce oven temperature to 350 degrees F. and roast beef 1 hour and 15 minutes more or until a meat thermometer inserted 2 inches into center of meat registers 115 degrees F. Transfer beef to a cutting board, reserving pan juices in pan and let stand 25 minutes. For vegetables: In a large skillet, cook onions in 1 1/2 tablespoons oil over moderately low heat, stirring occasionally, until softened and golden, about 8 minutes. With a slotted spoon, transfer onions to a bowl and cook carrots and celery in remaining tablespoon oil over moderate heat, stirring until crisp-tender. Add mushrooms and cook, stirring, until liquid released from mushrooms evaporates. Transfer vegetables to a bowl and season with salt and pepper.

While beef rests, skim fat from pan juices and reserve 4 tablespoons of fat for Yorkshire puddings. (Puddings may be baked while beef is standing.) Place roasting pan on stovetop. Add wine to roasting pan and simmer over moderately high heat, scraping up any brown bits, until reduced to about 1/2 cup. Add demi-glace, jelly, horseradish, vegetables, parsley, and salt and pepper to taste and simmer, stirring occasionally, until heated through. Discard string and, with a sharp knife, remove rib bones. Thinly slice beef and serve over Yorkshire puddings with gravy.

YORKSHIRE PUDDINGS

1 cup all purpose flour

1 teaspoon salt

2 large eggs

1 cup whole milk

4 tablespoons vegetable oil or reserved beef fat from prime rib

In a blender blend flour, salt, eggs and milk until just smooth. Chill batter, covered, 30 minutes. Preheat oven to 425 degrees F. Arrange four 5 1/2-inch pie plates in a large shallow baking pan and spoon 1 tablespoon beef fat into each. Put baking pan in middle of oven for 5 minutes to heat oil. Quickly pour 1/2 cup batter into each pie plate and bake in the middle of oven until puddings are

puffed and golden brown, about 18 minutes. With tongs, remove puddings from pie plates and serve immediately.

Yield: 4 servings

SARA LEE'S ARKANSAS BARBECUE SAUCE

Served in Sara Lee's Restaurant in Chicago, no relation to the cake maker.

1/2 cup water 3 oz brown sugar 3 oz Worcestershire sauce 3 oz yellow mustard
1/4 cup catsup 1/8 cup ground black pepper 1/8 cup dried red pepper flakes 3/4
qt red wine vinegar 1/4 qt white wine 3 oz salt

Bring to a boil and then simmer for about 1/2 an hour. Do not cook or store in
aluminum, store in glass.

* * *

JACK'S QUICK GARLIC BBQ SAUCE

1 btl Your favorite barbecue sauce 3 to 4 cloves of garlic pressed (or more to
taste) 2 tbs brown sugar 1 tsp red wine vinegar 1/2 tsp Louisiana hot sauce (or
more to taste) 1/2 tsp Worcestershire sauce (or more to taste)

Combine and heat the ingredients on simmer for 5-10 minutes.

Great if allowed to sit for a day but still wonderful if used immediately. Superb
on chicken.

* * *

Honey BBQ Sauce

3/4 c. butter or margarine, melted 1/3 c. cider vinegar 1/4 c. honey 2 cloves
garlic, minced 2 tsp. salt 1/2 tsp. dry mustard 1/8 tsp. pepper

Mix all ingredients, blend well, and baste chicken only the last 15 minutes of
cooking on the grill over a heat of 300.

* * *

Garlic Orange Sauce for Chicken

This sauce needs to be made about 3 days ahead of time for the flavors to blend.

3 cloves garlic, minced 1/2 c. olive oil 1 1/2 tsp. grated orange peel 1/2 tsp.
fresh rosemary leaves or 1/4 tsp. dry 1/2 c. honey

Combine all ingredients in a jar and blend well. Store covered for at least 3 days
or up to a week. Baste chicken frequently upon the last 15-20 minutes of
cooking over low heat of the coals.

Forum: Cooks Online+ Section: Meat-Poultry-Fish Subj: Rack of Lamb

To : Jim Crabtree, 70025,1356 5/13/95 10:27 AM From : Judy

Gruhn/Staff/NYC, 76357,3134#551241

Jim- I have already left this idea for a rack of lamb in the oven for a couple of people but here is one I used just last night- just in case you didnt see it!

Coat a rack with a good quality dijon mustard. Use honey dijon if possible, but if not any good dijon will do! Now make a mixture of bread crumbs, finely ground hazlenuts and fresh rosemary and coat the lamb with this. You can do this a couple of hours ahead of time - just cover and refrigerate. Just before serving, drizzle the lamb with 1 Tab. or so honey! Roast for ab. 25-30 min in a 425 degree oven for rare lamb.

I found that one in my files around Easter and this is the second time I've made it - always to raves.

What I would do if I caught that waskully wabbit:

By Elmer Fudd

Title: Rabbit Casserole

Keywords: rabbit, casserole

Ingredients:

2 young rabbits salt

pepper 1/2 tsp thyme

3 bay leaves 10 slices bacon

1 cup water 1 cup seasoned bread crumbs

Directions:

Cut rabbits into serving size pieces. Soak young rabbits for two

hours in salt water -- 12 hours or more for older rabbits. Dry

rabbit pieces and place a layer or rabbit in greased casserole.

Sprinkle with salt, pepper and thyme. Add bay leaves. Top with 5

slices of bacon. Make second layer. Pour cup of water over top and

bake at 350 degrees for one hour (if older rabbits bake for 2

hours). Remove cover and sprinkle with seasoned bread crumbs. Bake for 30 minutes more.

-end recipe export-

-begin recipe export-

Title: Baked Rabbit

Keywords: rabbit, bake

Ingredients:

1 rabbit, cut up 2 eggs, beaten

1 cup dry bread crumbs 1 tbs butter or margarine

2 tbs cooking oil 2 cups chicken stock

2 medium onions

Directions:

Dip meat in egg, then roll in crumbs to coat. Heat the butter and

oil in skilled or heavy baking dish and brown meat lightly. Add the

stock and onions. Cover the pan and bake at 350 degrees for one

hour or until tender.

-end recipe export-

-begin recipe export-

Title: Beery Rabbit

Keywords: rabbit, casserole, beer

Ingredients:

2 rabbits, cut up 1 can beer

2 clove garlic, minced 1 bay leaf

4 onions, sliced thin 1 carrot, grated

1/4 tsp allspice 1/4 tsp nutmeg

1/2 cup bacon fat 1/2 cup flour

6 potatoes, sliced salt and pepper

Directions:

In a large casserole place beer, garlic, tsp salt and 1/4 tsp

pepper, bay leaf, onions, carrot, allspice and nutmeg. Stir well.

Place rabbit pieces in this mixture to marinate over night in refrigerator, stirring occasionally.

In large skillet, melt bacon fat. Pour flour, salt and pepper in

bag. Shake rabbit parts in bag until coated with mixture. Saute the pieces until they are brown. Pour marinade into skillet and simmer

for 1 1/2 hours.

Cover the rabbit with slice potatoes, replace lid and simmer for another half an hour or until potatoes are done.

-end recipe export-

-begin recipe export-

Title: Rabbit Stew

Keywords: rabbit, stew, small game

Ingredients:

2 rabbits, cut up 2 tbs butter or bacon fat

*bouquet garni in bag 2 cubs chicken stock

1 tsp salt 3 potatoes

4 carrots 3 onions

8 cold biscuits butter or bacon fat for frying

*bay leaf, celery tops, thyme, parsley, 2 whole cloves.

Directions:

Heat 2 tbs butter or bacon fat in bottom of stew pot. Brown the meat quickly. Add stock. If necessary add additional water to cover meat. Add bouquet garni and simmer until meat starts to get tender -- about one hour. Peel vegetables, cut into chunks and add to stew. Cook until carrots are tender, about 30 minutes. Remove bouquet garni and meat. Debone meat, cut into bite size pieces and return to stew. Heat through. Melt butter or bacon fat in drying and fry split biscuits for 3 minutes. Place a biscuit in bottom of each bowl and pour stew over it.

-end recipe export-

-begin recipe export-

Title: Barbecued Rabbit

Keywords: rabbit, BBQ, small game

Ingredients:

1 rabbit, cut up 1/2 cup flour

1 tsp salt 1/4 cup margarine

barbecue sauce (see below)

Directions:

Dry rabbit with paper towel. Dust with season flour and brown in melted margarine. Pour barbecue sauce over rabbit and simmer until done. -- about one hour.

Barbecue sauce

Ingredients:

3 tbs meat bouillon 3 tbs chili sauce

1 tsp steak sauce 3 tbs catsup

2 tbs vinegar 1 1/2 tsp salt

1/4 tsp pepper 1/2 small onion, minced

1 tbs brown sugar

Directions:

Combine all ingredients and mix thoroughly.

-end recipe export-

-begin recipe export-

Title: Rabbit Fried in Cornmeal

Keywords: rabbit, stove top, fried

Ingredients:

1 rabbit, cut up 1/4 cup vinegar

salt 1 cup cornmeal

Directions:

Place rabbit in deep pot and cover with water. Add vinegar. Bring pot to boil and cook for ten minutes. Remove rabbit and toss water and vinegar. In another pot, cover rabbit with water and add 1 or 2 tsp salt. Boil until nearly tender. Let cool and coat with

cornmeal. Fry as you would chicken.

-end recipe export-

-begin recipe export-

Title: Rabbit with Raisin Gravy

Keywords: rabbit, stove top, small game

Ingredients:

1 rabbit, cut up 4 whole cloves

1/2 cup vinegar 2 bay leaves

2 tsp salt 1 onion, chopped

1/2 cup dark raisins 1/4 cup brown sugar

Directions:

Place rabbit pieces in deep pot and cover with water. Add 1/4 cup vinegar. Boil for ten minutes and toss of water and vinegar.

Again cover rabbit with water and add 1/4 cup vinegar, salt, onion, cloves and bay leaves. Cook until nearly tender and then add raisins and brown sugar. Continue cooking until rabbit is tender -- at least an hour.

Remove rabbit from pot, and thicken liquid with a paste of flour and water. Put rabbit back in gravy and heat before serving.

-end rabbit recipe-

-begin rabbit recipe-

Title: Oven-Bag Rabbit

Keywords: rabbit, bake

Ingredients:

1/4 cup flour 1 cup celery, sliced

salt and pepper 2 tbs butter

1 rabbit, cut up 1/2 cup dry red wine

1/2 cup onion, chopped 1/2 tsp Kitchen Bouquet

Directions:

Preheat oven to 350 degrees. Shake flour, salt and pepper in oven cooking bag and place in roasting pan. Add rabbit and shake gently to coat meat. Then spread rabbit pieces in bottom of bag. Add onion, celery and butter. Combine wine and Kitchen Bouquet and add to bag. Secure bag with twist tie and make several half-in cuts in bag. Cook for one hour or until tender.

-end recipe export-

-begin recipe export-

Title: Slow Cooked Rabbit

Keywords: rabbit, slow cooker

Ingredients:

1 rabbit, cut up 1 can cream of mushroom soup

salt and pepper 1/4 tsp Worcestershire sauce

1/2 cup dry red wine 1 tsp instant minced onions

1 cup sour cream paprika

Directions:

Sprinkle rabbit with salt, pepper and paprika. Place in slow cooker. Mix red wine, soup, sour cream, Worcestershire sauce and minced onion. Pour mixture over rabbit. Cook on low for 8 hours.

-end recipe export-

-begin recipe export-

Title: Hasenpfeffer

Keywords: rabbit, German, sour, casserole

Ingredients:

2 rabbits, cut up 1 1/2 tsp salt

3 tbs butter 1 medium onion
12 peppercorns 1 bay leaf
1/4 cup lemon juice 4 whole cloves
1 parsley sprig 1/2 tsp thyme
1 cup port wine 2 cans condensed beef bullion

Directions:

Rub rabbit with salt. Saute in butter until brown and place in 3 quart casserole. Add onion, cloves, port and lemon juice. Put peppercorns, parsley, thyme and bay leaf in cheesecloth bag and add to dish. Pour the bouillon in and bake at 350 degrees for 1 1/2 hours.

-end recipe export-

-begin recipe export-

Title: Applejack Rabbit Casserole

Keywords: rabbit, casserole,

Ingredients:

2 rabbits, cut up 1/2 stick margarine
1/4 cup applejack 1 1/2 cup onions, diced
1 cup diced carrots 1/4 cup sliced mushrooms
1 1/2 tsp tomato paste 3 tbs flour
1 chicken bouillon cube 1 cup hot water
1/2 cup dry sherry salt and pepper
parmesan cheese paprika

Directions:

Brown rabbit pieces in margarine. Warm applejack in sauce pan, set afire and pour over meat. Remove meat and set aside. Add onion and carrot and stir around over medium heat for six minutes. Add mushrooms and cook another 3 minutes. Remove from stove long enough to stir in tomato paste and flour that have already been blended into smooth paste. Put bouillon cube in hot water to dissolve and add to mixture along with sherry. Stir over low heat until starts to bubble. Season with salt and pepper and simmer for 3 minutes. Transfer to casserole, mix in meat, and sprinkle with parmesan cheese and paprika. Bake at 350 degrees for one hour or until rabbit is tender.

-end recipe export-

-begin recipe export-

Title: Crispy Roast Rabbit

Keywords: rabbit, bake

Ingredients:

1 rabbit, cut up 1/2 cup cooking oil
salt and pepper 3/4 cup flour
2 eggs, beaten 3/4 cup bread crumbs
1 onion, minced 1 bay leaf

Directions:

Heat oil in oblong baking dish. Salt and pepper rabbit pies, roll in flour and then in beaten egg followed by bread crumbs. Place rabbit in baking dish. Add onion and bay leaf. Bake at 350 degrees for 1 1/2 hours or until tender.

-end recipe export-

-begin recipe export-

Title: Rabbit Quebec

Keywords: rabbit, casserole

Ingredients:

2 rabbits, cut up 1/4 stick margarine

salt and pepper paprika

1/2 cup onion, diced 3 cloves garlic, minced

2 cups sherry

Directions:

Melt margarine in frying pan and brown rabbit pieces. Season to taste with salt, pepper and paprika. Place pieces in casserole and sprinkle with onion and garlic. Pour sherry in frying pan, mix and scrape, then pour over meat. Bake for 2 hours at 325 degrees or until rabbit is tender.

-end recipe export-

Jugged Hare

Ingredients:

1 Hare Seasoned Flour 1 Onion stuck with cloves 1 pint(600ml)beer 1 good wineglassful port or sherry Beef dripping

Flour the hare portions and brown lightly in the dripping.Put into a large casserole with the drippings from the pan and also(preferably)the blood of the hare.Add the onion and the beer,cover and cook in a slow(270-280 Farenhiet,132-137 Centigrade)for 5 hours or until the meat leaves the bones easily.Just prior to serving take out the onion,and pour in the sherry or port. Serve with redcurrant jelly.

Serves 8-10

A rabbit can also be used but the average rabbit will only serve four persons,and will require a modification to the recipe:

1 Rabbit 1 Onion 1 Bay leaf Seasoning Pinch of freshly grated nutmeg Dripping or bacon fat 1 teaspoon sugar 0.5pint(300ml)dry cider Flour or cornflour

Soak the rabbit joints overnight in 1 pint(600ml) of water with two tablespoons of vinegar,plus the onion chopped,the bay leaf,nutmeg,and the seasoning.Drain the joints,keep the liquid,and dry the joints thoroughly.Fry until golden in the dripping or fat,then cover with the liquid and simmer very gently until tender(about 1 hour).Add the cider and sugar to the pan and continue cooking for 15-20 minutes.Thicken the gravy with the flour or cornflour

Serves 4

Subject: Peking Duck From: "Fred Towner" <townerf@cyberlink.bc.ca>
Reply-To: "Fred Towner" <townerf@cyberlink.bc.ca> Newsgroups:
rec.food.recipes Followup-To: rec.food.cooking
>From: "Leo Trainor" <jkjt@iaccess.com.au> >Request for recipe for chinese
roast duck or peking duck. >Duck finishes with a rich mahogany color. Thanks
This one works.

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: PEKING DUCK B1 Categories: Chinese, Poultry, Main dish Yield: 4
servings

1 4-1/2 to 5 lb duck 1 ts Salt 8 Green onions 2 (1/4 in.) sliced ginger root 3 tb
Honey 2 tb Cornstarch 1 cn Oven-ready biscuits 1 sm Can plum sauce
A day in advance, clean duck inside & out, dry thoroughly. Season inside with
salt. Tie together stem ends of 2 green onions, place inside duck cavity with
ginger root. Bring edges of tail opening together, stitch with a length of fine
wire. Attach another wire to neck as a handle. Mix 1 qt. water with honey in
large wok or small turkey roasting pan, bring to boil. When boiling, stir in
cornstarch dissolved in 1/4 cup cold water. Continue to stir to consistency of a
thin stream. Lower heat. Holding duck by neck wire, dip into honey mixture 3-4
times to coat on all sides. Remove duck, suspend over container in cool place.
Set an electric fan towards duck to help dry the skin. Let duck drip-dry
overnight.

Next day: preheat oven to 450 F. Place duck breast side up on flat rack in
roasting pan. Roast 30 minute. Reduce heat to 300 F, turn duck over. Roast 30
more minutes. Turn duck breast side up again, roast for final 30 minutes.
Remove biscuits from can, divide each biscuit in 1/2. Bring 2 in. water to boil
in bottom of steamer. Place biscuits in container above water, cover, & steam 5
minutes. Thinly slice stems of remaining 6 onions into 2-in. diagonal strips.
Divide sliced onion between 4 butter plates, place 1 tsp. plum sauce on each
plate. Prepare duck for serving by cutting off drumsticks & wings & placing on
platter in position whole duck should be. Carefully slice off all skin pieces of
about 1 and 2 inches, lay them aside. Slice same size pieces of meat from bone.
Place all carved meat on platter, cover with skin pieces on outside to make
presentation look like a whole duck.

Eat by making sandwich of onion, plum sauce, duck, and skin.

Temperature(s): HOT Effort: AVERAGE Time: 24:00 Source: MADAME
WU'S GARDEN Comments: WILSHIRE BOULEVARD, LOS ANGELES
Comments: WINE: DRY WHITE

MMMMM

YOU ARE MISSING A LOT OF FINE RECIPES IF YOU DON'T CLICK
HERE!

Another variation:

Peking Duck

Serve 4 to 6

Ingredients:

One 5 to 6 pound duck

8 cups water

1 slice ginger

1 scallion, cut into halves

3 tablespoons honey

1 tablespoon white vinegar

1 tablespoon sherry

1 1/2 tablespoons cornstarch, dissolved in 3 tablespoons water

Scallions for garnish

Directions:

Clean duck. Wipe dry and tie string around neck.

Hang duck in cool, windy place 4 hours.

Fill large wok with water. Bring to boil. Add ginger, scallion, honey, vinegar, and sherry. Bring to boil. Pour in dissolved cornstarch. Stir constantly.

Place duck in large strainer above larger bowl. Scoop boiling mixture all over duck for about 10 minutes.

Hang duck again in cool, windy place for 6 hours until thoroughly dry.

Place duck breast side up on a greased rack in oven preheated to 350 degrees.

Set a pan filled with 2 inches of water in bottom of oven. (This is for drippings).

Roast 30 minutes.

Turn duck and roast 30 minutes more.

Turn breast side up again. Roast 10 minutes more.

Use sharp knife to cut off crispy skin. Serve meat and skin immediately on a prewarmed dish.

The duck is eaten hot with hoisin sauce rolled in Chinese pancakes. Garnish with scallion flowerets.

(May be prepared in advance through step 5. Do not freeze.)

(This recipe reprinted from Madame Wong's Long-life Chinese Cookbook, courtesy of Sylvia Schulman)

Mandarin Pancakes

Ingredients:

2 cups all purpose flour

3/4 cup boiling water

1 tablespoon cold water

2 tablespoons sesame oil

Directions:

Place the flour in a medium sized bowl, and gradually pour in the boiling water, stirring with a wooden spoon until it is mixed. Add the cold water, stirring. As soon as your hands can withstand the heat, knead the dough on a lightly floured surface until it is smooth and soft. Cover the dough with a damp cloth and let it stand for 30 minutes.

Roll the dough out onto a lightly floured board into a 16 inch long rope. Cut the dough into 16 1-inch pieces.

Shape the pieces into a ball. Use the palm of your hand to flatten each piece into a circle. Then brush the top of each piece with sesame oil and place one piece on top of another, oiled sides together. Continue until you have eight pairs.

Use a lightly floured rolling pin to roll each pair of cakes into a thin 6-inch circle. To maintain an even thickness and roundness, rotate the circles frequently and turn them over as well.

Heat an unoiled non-stick pan over medium to low heat. Fry a pair of pancakes on both sides for approximately 1 minute on each side or until light brown bubbles appear. Remove from the pan and separate into two while still hot. (Once cooled, they are difficult to separate). Put on a plate and cover with a damp cloth while cooking the rest of the pancakes.

These pancakes can be prepared in advance and stored in a plastic bag in the fridge. To reheat, wrap pancakes in a clean cloth and steam for 5 minutes.

[HOME PAGE](#)

Peanut Butter Pie

2 cup whole milk 3 egg yolks 1/4 cup white sugar 1/4 cup brown sugar 1/4 tsp salt 3 Tbsp cornstarch 1 1/2 tsp butter 4 Tbsp peanut butter 1/2 tsp vanilla

Combine sugars, salt and cornstarch in saucepan. In separate bowl beat yolks into 1 cup milk til frothy. Add to dry ingredients along with remaining milk and the peanut butter. Cook over med. heat (stirring frequently) until thick. Remove from heat and beat in butter and vanilla. Pour into a 9" pre-baked traditional crust or crumb crust, chill thoroughly before serving.

*I usually top this with lightly sweetened whipped cream and chocolate curls.

Pam B.

Peanut Butter Eggs

3/4 cup peanut butter 1 cup 10X sugar 1 tsp vanilla 1 (8 ounce) package cream
cheese 2 Tbsp butter Chocolate for dipping

Cream all ingredients together with a mixer. Roll in egg shapes and put in
refrigerator until firm. Dip in chocolate.

Forum: Cooks Online+ Section: Outdoor Cooking Subj: North Carolina-style BBQ

To : Dave, 71203,2501 7/10/95 9:45 PM From : Evans, 76654,2237 #566955
Dave,

Although I cannot classify my sauce as NC bbq sauce, it sounds very similar, and is very similar, from what I have heard.

1 Gallon white vinegar (NOT cider vinegar) 1-1.5 cups crushed red pepper 1/4 cup salt 1 quart water 3-4 tablespoons black pepper 3 table spoons paprika 1 lemon (squeezed) 1/4 - 1/2 cup sugar

Mix all of this together and boil vigorously for about 30 minutes or so. If you plan on doing this in the house, you may want to reconsider as boiling vinegar gives off quite a strong odor (g)!

You can sop your bbq while it is cooking, and use the sauce on the table as well.

I hope this helps...that is the only way I knew sauce was made until I moved to Georgia...catsup will _ruin_ good bbq!. The vinegar based sauce, interestingly, seems to be predominate in the areas of the country where tobacco is grown...We have sauce like this in Middle TN, and apparently southern Ky, and parts on NC also. If you want some info on how to cook open pit bbq, let me know. I hope this information helps.

Evans

NO TOOLS RIBs

Here is my personal recipe for some "falling off the bone", Baby Back ribs.

PREPARE

The RIBZ should be TRUE BABY BACK ribs. You should have a filet knife to remove the membrane on the inside of the slab. Start by taking the tip of the knife and running it along each bone, cutting through the membrane and into the bone. Start at the tip of each bone and start cutting a strip of membrane/fat, the width of each bone you already sliced down both sides of. After you have enough cut, you can grab it with your fingers and pull it back while using the filleting technique to cut it the rest of the way off.

Trim off any other excess fat and rinse the meat under cold water, pat dry with paper towels.

Now comes the personalization of the presentation!

MARINADE

You can do this many ways, I have found that if you marinade over night in a ZIPLOCK, laying flat or even in a special TUPPERWARE marinade container, you will have better flavor when the ribs are finished. My marinade consists of the following: McCormick Season All season salt, McCormick Garlic Powder, freshly ground McCormick Peppercorns, a sprinkle of McCormick Lemon & Pepper and finally a couple splashes of Wrights Liquid Smoke. Rub everything but the fresh ground pepper and liquid smoke into the meat. add 3/4 cup of water for each bag of 1 slab, halved. Add the smoke to the water. Marinate over night or a few hours, whatever your schedule can fit. Try to turn the bag every once in a while.

Remove from marinade, discard the old marinade. Grind on some fresh pepper and a dash of salt.

COOK

Place ribz in a baking pan on a rack with the meat side up. Add 3/4 cup water and a dash of liquid smoke. Seal tightly with heavy duty foil. Bake at 225-250 degrees for about 2 hours (3 for frozen ribs), turning ribs over every 20-30 minutes. Use light foil and you will tear it about the second time you peel it open to turn, then you will be BAKING and not steaming!

Prepare your charcoal grill or gas grill in anticipation of the steaming finish.

You can add pre-soaked hickory chips/chunks to either grill and be sure to char these ribs up over INDIRECT HEAT! about 15-45 minutes adding any sauce you might want to use and turn turn turn and don't leave this unattended or you will have wasted all your time and meat. If you want detailed instructions about how to grill them, just ask.

EAT

NO TOOLS REQUIRED as the meat will be falling off the bones and your mouth will be watering for your tasty culinary reward! Serve with warmed BBQ sauce, steamed corn on the cob and a nice salad. There you have it!

The TWO cooking processes can be done separate. If you plan on grilling them later in the day just let them cool and refrigerate in between cooking's.

NEED PHOTO HELP?

MUSTARD BARBECUE SAUCE

Recipe Courtesy of Jack McDavid, Chef/Owner Jack's Firehouse, Philadelphia, PA

1/2 cup cider vinegar

1/2 cup minced onion

3 jalapeno peppers, minced

1 cup yellow mustard

1 cup deli mustard

1 cup dark corn syrup

1 ounce molasses

Salt and cayenne pepper to taste

Mix the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer for 5 minutes. Cook on low heat until the onions are tender and the mixture thickens.

Yield: 5 cups

Subject: COLLECTION (3) Barbecue Sauce From: "Fred Towner"
<townerf@cyberlink.bc.ca> Reply-To: "Fred Towner"
<townerf@cyberlink.bc.ca> Newsgroups: rec.food.recipes Followup-To:
rec.food.cooking
Barbeque Sauce -San Antonio Cookbook Spicy Texas Barbecue Sauce Texas
Barbecue Sauce
>From: Sandy Isbell <jsisbell@usit.net> >I need a good "tomato and brown
sugar" bbq sauce rec. I know there are >many kinds. My family is deep south
and prefers the sweet sauces. I >once had a recipe winner from the Jack Daniels
bbq contest, but it's >lost. Help?
Here's three than may serve your purpose.

Barbeque Sauce -San Antonio Cookbook
1/2 cup Butter 1/4 cup Vinegar 1/4 cup Worcestershire sauce 1/4 cup Catsup 1
tsp Tabasco Sauce 1/2 cup Water 1 tsp Mustard 2 tsp Salt 2 Tbsp Sugar 1/2
Tbsp Pepper 1/2 tsp Sausage Seasoning 1 x Garlic to taste.
Heat all ingredients together until hot, don't cook. Recipe of Michael Hoff San
Antonio Cookbook - 1962

Spicy Texas Barbecue Sauce
1 cup Catsup 1/2 cup Brown Sugar; Firmly Packed 1/4 cup Lime Juice 2 Tbsp
Ground Red Chiles; To Taste 1 Tbsp Vegetable Oil 1 Tbsp Worcestershire
Sauce 1 1/2 cup Onion; Chopped, 3 Medium 2 ea Jalapeno Chiles; * 2 ea
Cloves Garlic;Finely Chopped 12 oz Tomato Paste; 1 cn 12 oz Beer; Any Brand
* Jalapeno chiles should be seeded and finely chopped.
Heat all ingredients to boiling in a 2 quart saucepan; reduce heat to low. Cover
and simmer 1 hour; stirring occasionally. Makes about 5 cups of sauce.

Texas Barbecue Sauce
5 oz Worcestershire Sauce; 1 bt. 2 cup Water 1 cup Apple Cider Vinegar 3/4
cup Lemon Juice 1/4 cup Vegetable Oil 1/4 cup Brown Sugar; Firmly Packed 2
tsp Salt 1 tsp Garlic Salt 1/2 tsp Black Pepper; Ground
Combine all the ingredients in a medium saucepan and bring to the boiling
point. Reduce the heat and simmer, uncovered, for 10 minutes. Cool and pour
into a tightly covered container. This sauce will keep, refrigerated, for several
weeks. Use for chicken, hamburgers or steak. Makes 4 cups of sauce
~~~ Rec.food.recipes is moderated; only recipes and recipe requests are  
accepted for posting. Please read the "Posting Guidelines" article.  
Recipes/requests go to [recipes@rt66.com](mailto:recipes@rt66.com); questions/comments to  
[tfdpress@acpub.duke.edu](mailto:tfdpress@acpub.duke.edu). Please allow several days for your submission to  
appear.

## Mongolian Beef

4 servings

1 pound Flank steak, shredded 1 Egg white 1/2 teaspoon Salt 1 teaspoon

Cornstarch 2 cup Oil, for deep frying 1/2 cup Bamboo shoots, shredded 1 cup

Green onion, green part only

Sauce 1 tablespoon Sherry 2 tablespoon Hoisin sauce 2 tablespoon Dark soy  
sauce 2 tablespoon Chicken stock 1/2 teaspoon Sugar 1 teaspoon Cornstarch 1/2  
teaspoon Chili paste, w/ garlic

Combine beef, egg white, salt and 1 T cornstarch. Mix well with hand. Heat oil  
to 400 and deep fry beef 30 seconds, drain. Reheat 2 T oil to 375 in wok. Stir  
fry bamboo shoots and scallions 1 minute. Combine sauce ingredients in bowl,  
add to vegetables. Bring to boil. Add beef. Stir fry quickly until heated through.  
Elizabeth

#### Microwave Peanut Brittle

1 C sugar 1/2 C White Corn Syrup 1 C Peanuts 1 t Butter (or up to 1 Tbsp.) 1 t Vanilla 1 t Baking Soda

In 2 quart batter bowl, stir sugar and syrup. Microwave on high 4 minutes. Stir in peanuts. Microwave high 3 to 5 minutes, until light brown. Add butter and vanilla, blending well. Microwave on high 1 to 2 minutes more. Add baking soda and gently stir until foamy. Pour mixture onto lightly greased cookie sheet. Let cool 1/2 to 1 hour. When cool, break into small pieces and store airtight.

Note: Watch carefully to prevent scorching. May also have to add time to caramelize sugar.

#### Microwave Divinity

3 C Sugar 1/2 C light Corn Syrup 2/3 C Water 1/4 t Salt 2 Egg Whites 1/4 t Vanilla 1 C Nuts, chopped

In 3 quart bowl, or batter bowl, cook sugar and syrup and water high 12 to 13 minutes or until mixture reaches hard ball (250-268 deg F.). Add salt to egg whites and beat them on high speed until stiff. Slowly pour syrup in a thin stream into egg whites, beating constantly until mixture loses its shine and thickens. Stir in vanilla and nuts. Drop by teaspoons at once onto waxed paper.

Makes about 30 pieces.

Note: Microwave safe thermometers are available in microwave appliance stores and some kitchen supply sections of department stores. They use alcohol instead of mercury and cost about \$10-\$16.

Home Page  
The Meat Smoking and Curing FAQ  
Meat Curing and Smoking FREQUENTLY ASKED QUESTIONS (FAQ) in  
the group rec.food.preserving  
This file is a compilation of shared knowledge and answers to frequently asked  
questions of the group rec.food.preserving. As such, this file is updated. Be a  
contributor--point out mistakes, write sections and reviews, provide us with  
new sources. All contributors will be cited in this file.  
Contributors (in alphabetical order): Michael Kankiewicz, Rick Logan, Richard  
Thead  
Last Updated: 18 January, 1999  
Copyright 1995-1999 Richard Thead. All rights reserved. You may use and  
copy this file as long as the contributors' names and this copyright remains  
intact.

CHARTER  
Rec.food.preserving is a newsgroup devoted to the discussion of recipes,  
equipment, and techniques of food preservation. Current food preservation  
techniques that rightly should be discussed in this forum include canning,  
freezing, dehydration, pickling, smoking, salting, distilling, and potting.  
Foodstuffs are defined as produce (both fruits and vegetables), meat, fish, dairy  
products, culinary and medicinal herbs. Discussions should be limited to home-  
grown or home-preserved foods.

-----  
Related information may be found at: Rick's BBQ Home Page  
NOTICE! It appears that this information is no longer listed on the  
azstarnet.com site. I am happy to have PRESERVED this information and keep  
it alive. More additional information about safe barbecuing can be had [HERE](#).

-----  
TABLE OF CONTENTS  
I. Curing  
II. Smoking  
III. Specific Foods  
IV. Other Sources (besides this FAQ)  
V. References

-----  
I. Curing  
-----

[ Why is meat cured?]  
For a couple of reasons. One is safety. When meat is cold smoked its  
temperature often stays in the danger zone for several hours or days. Many  
environmental factors of this treatment are such that the growth of dangerous  
bacteria is greatly accelerated. The curing of the meat inhibits this growth.  
The other reason is traditional preparation. There are many curing techniques  
that were developed in the days before refrigeration that are continued today for  
traditional reasons. A good example is corned beef.  
Old-time butcher shops closed every weekend. Ice, the  
only refrigerant available, could not dependably hold

fresh meat for two days. To keep unsold meat from going to waste, the butcher soaked the meat in a strong brine or covered it with coarse salt to trigger osmosis. The grains of salt were called "corn" in England, and the name "corned beef" stuck with the product. [ 1]  
-- Contribution from rlogan@ianet.net --  
Meat is cured for one other reason, color. Using Prague powder is what gives meat its pink color.  
--

-----  
[ What is osmosis?]  
Osmosis is the movement of water across a membrane from weak solutions toward strong solutions. [ 1]

-----  
[ What is meant by "the danger zone"?]  
The "danger zone" is the temperature range between 40 and 140 degrees F. When uncured meat remains in this range for more than 2 hours the growth of dangerous bacteria increases to a dangerous level.

-----  
[ What other factors affect the growth of bacteria?]  
When meat is smoked, the environment is robbed of most of its oxygen. If this is combined with temperatures in the danger zone, the growth of the bacteria that causes botulism is increased.

-----  
[ What is botulism?]  
Botulism is an intoxication of the bacteria *Clostridium botulinum*. This bacteria is anaerobic meaning that it requires an environment relatively free of oxygen to multiply. It also requires a moist environment and temperatures in the danger zone. The symptoms of botulism are sore throat, vomiting, blurred vision, cramps, diarrhea, difficulty breathing, and central nervous system damage (including paralysis). Symptoms usually occur within 12 to 36 hours. The fatality rate is up to 70%. [ 2]

-----  
[ What are the commonly used curing compounds?]  
Salt, sugar, sodium nitrite and sodium nitrate. Salt and sugar both cure meat by osmosis. In addition to drawing the water from the food, they dehydrate and kill the bacteria that make food spoil. In general, though, use of the word "cure" refers to processing the meat with either sodium nitrite or sodium nitrate. Sodium nitrite and sodium nitrate are the basis for two commercially used products: Prague powders #1 and #2. Prague powder #1 is a mixture of 1 part sodium nitrite and 16 parts salt. The chemicals are combined and crystallized to assure even distribution. Even though diluted, only 4 ounces of Prague powder #1 is required to cure 100 lbs of meat. A more typical measurement for home use is 1 tsp per 5 lbs of meat. Prague powder #2 is a mixture of 1 part sodium



nitrite, .64 parts sodium nitrate and 16 parts salt. It is primarily used in dry-curing.  
One other commonly available curing product is Morton's Tender Quick. It is a mixture of salt, sodium nitrite, sodium nitrate and sugar. Ask your butcher or grocer to stock it for you.

-----  
[ Why use soy protein concentrate?]

Soy protein concentrate is used to bind together sausages and slow the loss of fat and moisture during smoking. This is extremely important to ensure that the final product is not dry and crumbly inside the casing.

-----  
[ Where can these compounds be obtained?]

If you are chummy with a local butcher who does curing, maybe (s)he will sell you a small quantity. Otherwise, the Sausage Maker offers all items mentioned here and elsewhere in this FAQ mail order. See the books section for a phone number where you can obtain a catalog.

-----  
[ What is spray pumping?]

It is the process of injecting the meat with cure using a special purpose needle.

-----  
[ What's trichinosis?]

It is an infestation of trichinae. The parasites invade the voluntary muscles causing severe pain and edema. It can be avoided by ensuring that cooked pork reaches an internal temperature of 150 degrees F.

-----  
[ If my cured pork doesn't reach a safe temperature, what about trichinosis?]

Trichinae can also be killed by freezing the pork according to the following chart:

Temperature Grp1-days Grp2-days

-----  
5 deg F 20 30

-10 deg F 10 20

-20 deg F 6 12

Group 1 comprises product in separate pieces not exceeding 6" in thickness or arranged on separate racks with the layers not exceeding 6" in depth.

Group 2 comprises product in pieces, layers or within containers the thickness of which exceeds 6" but not 27". [ 3]

-----  
[ What about dry-curing sausages and meats?]

I'll leave this topic open for someone with real experience. The dry climate in Tucson makes it difficult to maintain the ideal 70% relative humidity required for dry-curing so I've never even tried.

---

## II. Smoking

---

[ What is the difference between smoke cooking and curing?]

Pretty simple; Smoke cooking is done at higher temperatures in order to cook the meat. Smoke curing is really just smoking cured meat or sausage. Although smoking meat does provide some preservative effect, it alone is not sufficient to allow long term storage.

"Smoke is a very complex material, with upward of 200 components that include alcohols, acids, phenolic compounds, and various toxic, sometimes carcinogenic substances. The toxic substances inhibit the growth of microbes, and the phenolics retard fat oxidation, and the whole complex imparts the characteristic flavor of burning wood to the meat." [ 4]

---

[ What are the proper temperatures for smoke cooking meat?]

I prefer to keep the temperature around 200-220F. This means the temperature \*at\* the meat. I use a large log burning smoking pit with an offset firebox so it's easy to maintain this. In an upright water smoker you will have trouble keeping the temperature this low, since the heat builds up at the top where the meat is. You can achieve decent results with a water smoker, but the cooking time will be shorter and the depth of smoke penetration will be less. My briskets and pork shoulders smoke for 16-24 hours; pork ribs and pork loin roasts take less time.

---

[ How important is temperature control during smoke curing?]

Very. If you are smoking sausages, excess heat will melt the fat out and leave the final product dry and crumbly. This I know from experience. Here, we're talking about temperatures around 140F, although it varies from recipe to recipe. This is very difficult to maintain in a wood burning smoker. Mine has a slow smoking section farthest away from the fire. With experience, I've learned to control the temperature in this section without over damping the air inlet. Some other meats, like bacon and ham, are a little more tolerant of higher heat, but it can affect the quality of the final product.

The best solution is a thermostat controlled gas or electric slow smoker like those sold by the Sausage Maker (see sources). These are not good general purpose smokers, in my opinion. I just don't think they do nearly as well as a log burning pit for smoke cooking.

Unfortunately for the many water smoker owners, they just won't do for slow smoking--don't even bother trying.

---

[ Is closing down the air inlet dampers a good way to keep the temperature down?]

If you keep the temperature low by closing down the inlet dampers, the smoke gets thick and sooty and produces an unattractive and bitter coating on the

surface of the meat. I prefer to keep the fire burning more freely and control the temperature by providing some draft between the fire and the meat.

[ What are the various woods used for smoking?]

Alder

The traditional wood for smoking salmon in the Pacific Northwest, alder also works well with other fish. It has a light delicate flavor.

Apple and Cherry

Both woods produce a slightly sweet, fruity smoke that's mild enough for chicken or turkey, but capable of flavoring a ham.

Hickory

Hickory is the king of the woods in the Southern barbeque belt, as basic to the region's cooking as cornbread. The strong, hearty taste is perfect for pork shoulder and ribs, but it also enhances any read meat or poultry.

Maple

Mildly smoky and sweet, maple mates well with poultry, ham, and vegetables.

Mesquite

The mystique wood of the past decade, mesquite is also America's most misunderstood wood. It's great for grilling because it burns very hot, but below average for barbecuing for the same reason. Also, the smoke taste turns from tangy to bitter over an extended cooking time. Few serious pit masters use mesquite, despite a lot of stories about its prevalence in the Southwest.

Oak

If hickory is the king of barbecue woods, oak is the queen.

Assertive but always pleasant, it's the most versatile of hardwoods, blending well with a wide range of flavors. What it does to beef is probably against the law in some states.

Pecan

The choice of many professional chefs, pecan burns cool and offers a subtle richness of character. Some people call it a mellow version of hickory. [ 5]

[ Rick, do you have any politically incorrect views about smoke cooking that you enjoy getting flamed about?]

Don't get me started.

### III. Specific Foods

[ Can I make a Smithfield Ham at Home?]

These are unique since the hams come from only peanut-fed hogs. They are worked with cure for 30-45 days. Then they are smoked for at least 7 days and left in the smokehouse for another 6 months. "The Smithfield ham or a reasonable facsimile is rather difficult to produce unless you have a steady supply of peanuts and a huge smokehouse 3-4 stories high." [ 3]

---

[ How do I make my own bacon at home?]

New! Pictures of the bacon making process

It is my experience that bacon is the easiest slow smoked product to produce at home and the results are as good as, or better than, the best commercially produced bacon.

I use Morton Tender Quick and brown sugar. Rub down a slab of fresh bacon (pork belly) with a liberal quantity of the Tender Quick. You can't really use too much but a cup or so should do. Then follow with a thorough rub of brown sugar (again, start with a cup or so). Then place the meat in heavy plastic and allow to cure for 7 days at 38F. I use a small refrigerator for this. I run a remote temperature probe inside and monitor the temperature, tweaking the thermostat when necessary. The temperature is important; too low (below 36F) and the curing action will cease, too high (above 40F) and the meat will begin to spoil. I also cut the pork belly in two and cure it with the meat surfaces face to face and the skin on the outside. It helps it fit in the fridge and improves the curing action. I then smoke it at 140-150F until the internal temperature of the pork reaches 128F (about 8 to 10 hours). I find it best to remove the skin about 3/4 of the way through the smoking process. This way the fat is protected but still acquires some color. Chill overnight before using. Slice into approximately 3/16" thick and fry as usual.

If you are using Prague Powder #1, mix 2 oz with 1 lb of salt and use like the Tender Quick.

Other sugars can be used instead of brown sugar. Try honey or even some maple syrup.

---

[ How do I make my own corned beef?]

For best results, use trimmed briskets.

Start with a curing brine. This recipe comes from [ 3] and makes enough for 25 lbs of meat.

5 quarts ice water (about 38-40F)

8 oz. salt

3 oz. Prague Powder #1

3 oz. powdered dextrose

Spray pump the briskets to about 12-15% of their original weight. After pumping, the briskets are packed in a vat, and sprinkled with whole pickling spice. If more than one brisket is done at a time, pack them flesh to flesh with the fat sides out. Add enough brine to cover and allow to cure for 3-4 days at 38-40F. The meat is then ready to use (but still requires cooking).

---

[ What is pastrami and how do I make my own?]

For best results, use trimmed briskets.

Start with a curing brine. This recipe comes from [ 3] and makes enough for 25 lbs of meat.

5 quarts ice water (about 38-40F)

8 oz. salt

5 oz. Prague Powder #1

5 oz. powdered dextrose

1 Tbl garlic juice

Prepare and cure as for corned beef. After curing, remove from brine and rub liberally with cracked black pepper and coriander seeds. Smoke at 140F until the meat is dry and then increase smoker temperature to 200-220F and hold until internal temperature of meat reaches 170-180F. Chill overnight before using. This meat is fully cooked.

-----  
[ How do I make my own andouille sausage?]

Andouille is a spicy smoked sausage common in Louisiana cooking. It is easy to make at home. This recipe is based on one from [ 6] with minor modifications, most notably the addition of the soy protein concentrate.

2 tsp garlic powder 2 Tbl sugar

2 Tbl kosher salt 1 tsp Prague powder #1

1 Tbl ground black pepper 5 lbs pork, fat and lean separated

1 tsp red pepper flakes 3/4 cup cold water

2 tsp cayenne 1/2 cup soy protein concentrate

3 Tbl paprika (see sources)

1/2 tsp ground mace wide hog casings

1 tsp thyme

Grind the fat through a 1/4 inch plate. Grind lean meat through 1/2 inch plate.

Dissolve Prague powder in water to ensure even distribution. Mix all ingredients, except casings, well. Stuff into casings and twist at 12 inch intervals to form links. Hang sausages in front of a fan in a cool place overnight to dry. Smoke at less than 140F for 6 to 8 hours. Refrigerate until firm. Freezes well.

-----  
[ How do I make beef jerky?]

There are a jillion recipes for jerky--just take a look in the recipe archives. I prefer a teriyaki-based marinade (use 1/2 tsp of Prague Powder #1 or 1 tsp of Tender Quick for safety) with other spices, lightly smoked. Experiment with your own combinations of spices and find something you like. I like to avoid fresh ingredients like garlic preferring to use powder instead. Also try various combinations of black, white and red pepper (cayenne) to suit your tastes.

-----  
[ How do I make smoked salmon?]

(From [ 3]) Start with boneless sides (filets) of fresh salmon.

Place the sides in a tub of saturated salt solution and add ice to chill. This removes diffused blood, makes the flesh firmer and helps retain oils. The fish should remain in this brine for 60-90 minutes.

The sides should be drained for 15-20 minutes. A shallow vessel is filled with a salting mixture prepared as follows (for 20 lbs of fish):

2 lbs salt

1 oz brown sugar

1 oz Prague Powder #1

1 oz white pepper

1 oz ground bay leaves

1 oz ground allspice

1 oz ground cloves

1 oz ground mace

Dredge the sides in the mixture and rub it into the flesh lightly. Pack the sides into a tub with as much curing mixture as will cling to them. cover loosely and apply weight. Leave fish for 8 to 12 hours then remove and scrub and rinse to remove excess salting mixture. Fix sides on a hanger and allow to dry in front of a fan for 4 to 6 hours. Hang in smoker and smoke for 8 hours at not more than 100F. Continue to smoke for 24 to 48 hours at 70F. Brush with oil and store in a cool, dry place.

---

#### IV. Other Sources (besides this FAQ)

---

[ This FAQ does not tell me what I need to know!]

Please put the question to the group, rec.food.preserving. Or...

BOOKS:

Great Sausage Recipes and Meat Curing (1984). Ryttek Kutas. Self published. Can be obtained from the author at The Sausage Maker Inc./ 26 Military Road/ Buffalo NY 14207. (888)-490-8525.

The bible of sausage making, meat curing and slow smoking. This is the first book I pick up when I need a question answered.

Michael Kankiewicz contributed the following:

A funny anecdote about The Sausage Maker: On the inside cover there's a short humorous biography of each of the brothers. They're a bunch of good 'ol Buffalo Polish guys. The paragraph about Ben Kutas says something like "...and when he's not packing sausage, he spends his spare time as a as a radiologist."

I always thought it was a joke. Then one day, when I was looking through our university's directory, I came across Ben Kutas, Professor Emeritus, Radiology. MK

Hot Links and Country Flavors (1990). Bruce Aidells and Denis Kelly. Knopf. ISBN: 0-394-57430-3.

This book is great. It contains about 60 recipes for sausages, divided by region. It also contains about 200 recipes using the sausages you make. The andouille hash is one of my favorites.

---

#### V. References

---

[ 1] Food Science--Osmosis, RitaSorci Planey, "Fine Cooking", Aug/Sep 1994, pp12,13

[ 2] The New Professional Chef (1991). The Culinary Institute of America.

[ 3] Great Sausage Recipes and Meat Curing (1984), Ryttek Kutas.

[ 4] On Food and Cooking (1984), Harold McGee.

[ 5] Smoke and Spice (1994), Jamison and Jamison.

[ 6] Hot Links and Country Flavors (1990). Bruce Aidells and Denis Kelly.

Please direct questions, comments, criticisms, and contributions to:

Richard Thead

thead@azstarnet.com

---

Last Updated: 18 January, 1999  
Copyright © 1995-1999 Richard Thead  
thead@azstarnet.com

Interested in NEWSGROUPS or finding out what the heck one is? [START  
HERE!](#)

[HOME](#)

### Lone Star Steak Sauce

Ingredients: XXE XXM

1/2 C Butter 2 T Worcestershire sauce 3/4 t Black pepper 2 drops Tabasco  
sauce 1/2 C Lemon juice 1 Clove garlic, minced 1/2 t Dry mustard Salt to taste

Directions:

Combine all ingredients, heat until butter melts. Broiler juices may be added.  
Serve with steak.



One of my favorite things on the grill which always gets great reviews is a marinated London Broil.

Get a nice 1 1/2 to 1 3/4 inch thick piece of top round.

Marinate overnight or at least 8 hours in the following marinade:

2/3 Cup Soy Sauce 1 Tbs dry mustard 1 tsp Ground ginger 1 Tbs dried minced onion or 2 Tbs fresh chopped 2 tsps dried minced garlic or 1 tsp crushed fresh 6 Tbs molasses 1/3 Cup olive oil

For this marinade I prefer the dried minced garlic and onion rather than fresh since it clings nicely to the beef and therefore smells wonderful as it is grilled.

Usually, fresh is better--but not here.

Grill about 8 minutes each side for rare. Slice the meat very thin on the diagonal. You won't be disappointed! Bon appetit!

Forum: Cooks Online+ Section: Outdoor Cooking Subj:  
butterfly leg of lamb

To : Scott Barker, 75201,3363 7/14/95 7:53 AM From :  
Roy DeSimone/VT, 71222,1044 #568080

>> Where did you post the recipe? Scott, it was  
message #564102, June 29, in this section. For your  
pleasure, here it is again. (Suppose I should upload  
it to the library, when I make time.) ---Roy

#### GRILLED MARINATED LAMB

A summer favorite - a boned leg of lamb, marinated  
for a couple of hours in soy sauce, garlic, rosemary  
and olive oil, then roasted on a grill until rare.  
Accompany with oven-roasted potatoes, a cool green  
salad and a bottle of good Merlot or Cabernet  
Sauvignon. Makes about 6 servings.

1 shank half of a lamb leg (3-4 pounds) 1/2 cup soy  
sauce 4 large cloves of garlic, crushed or pressed 1  
Tbsp. fresh rosemary, chopped 1/4 cup olive oil 1/4  
cup dry or semi-dry red wine (use what you'll be  
drinking) Salt and pepper to taste

If the lamb isn't well-trimmed, remove excess fat  
from the top, but leave on approximately 1/8-inch.  
Debone the lamb leg, or have your butcher do it,  
keeping the meat in one flat piece.

Mix remaining ingredients and pour over the flat  
piece of meat, in a glass dish, and marinate for 2  
hours, turning occasionally. Fat-side down, grill for  
5 minutes over high heat. Lower gas control or raise  
grid to get a medium-high temperature, turn the meat,  
and grill for 5 minutes more; baste with leftover  
marinade while cooking. Return meat to fat-side down,  
baste once more, and cook for another 5 minutes.  
Remove to a warm serving platter, let sit for 5  
minutes, then slice across the grain and serve.

For a [PHOTO GUIDE GO HERE!](#)

Forum: Cooks Online Section: Outdoor Cooking Subj: Steaks for the masses  
To : charles t strong, 103744,730 11/2/96 2:30 PM From : Overton Anderson  
[ Staff], 72701,667#719077

Charles...Chateaubriand is a steak cut from the widest (in diameter) part of the tenderloin muscle (on a T-bone or porterhouse, the small piece of meat on one side of the bone). The cut is usually cut thick, somewhere from 3 to 4 inches. It should be served rare. The problem is that it is usually cut so thick that unless care is taken the outside gets charred black before the inside is acceptably rare. To cook the cut properly I think you should rig up a charcoal or gas grill so that you have two cooking levels--one 4 to 5 inches from a hot fire and another level about twice that distance from the heat. Let the steaks come to room temperature by leaving them out of the fridge for a couple hours. Then salt and pepper and rub with some garlic. If you want a crusty exterior, swab with Kitchen Bouquet. Then sear the steaks on each side on the hot side of the grill and then move them to the moderate side to finish cooking, turning several times to "confuse" the juices (juices rise away from the heat; current thinking is that it helps to confuse them by turning grilled meats several times during cooking.) I would get a \$10 to \$12 instant reading thermometer and remove steaks from heat to rest for 10 to 15 minutes when the temp reads about 120 F. It is not possible to give a precise cooking time because of the many variables. To get really fancy, not to mention clog their arteries, make a bernaise sauce to top the steaks with.

Overton Anderson on 02-Nov-96 at 14:28 using Ozwin2.12.3

## KANSAS CITY BARBECUE

Recipe courtesy Lynn and Richard Kancel

### BARBECUE RUB:

2 cups sugar

1/4 cup paprika

2 teaspoons chili seasoning

1/2 teaspoon cayenne pepper

1/2 cup salt

2 teaspoon black pepper

1 teaspoon garlic powder

Combine all ingredients in shaker and use as “rub” on the following meats.

### BABY BACK RIBS:

1 rack Baby Back Ribs

Barbecue Rub

Apple juice in a spritzer

2 cups BBQ sauce, your favorite

Peel membrane off the back of each slab. Then rinse the slab off to get rid of bone dust. Dry with cotton towel. Take shaker of “rub” and lightly coat both sides of meat.

Preparing smoker: Put charcoal in chimney with paper underneath and light.

(Do not use charcoal lighter—it will taint the flavor of the meat.) Let coals get hot, about 30 minutes. Transfer coals into smoker, and add 1 hickory log per hour on top of charcoal if smoker is big. (Adjust if using small smoker.) Wait until temperature of smoker reaches 220 degrees. Leave damper open so you don’t trap stale smoke in chamber. Over course of cooking, maintain heat with additional coal and wood, as needed. After placing ribs inside smoker, spritz with apple juice once an hour. After about 3 hours, when meat is nice dark color, spritz one last time and wrap in foil. Let ribs cook in foil for another 2 hours, giving you a total cook time of 5 hours. You can feel when the ribs are tender rather than rubbery (they bend rather than bounce back). Unwrap them (carefully), lift them out of juice and place on cutting board, brush on room temperature BBQ Sauce. Slice into individual ribs and serve.

Prep Time: 15 minutes

Cooking Time: 5 hours 0 minutes

#### JIM GOODE'S BBQ BEEF RUB

2 1/2 TABLESPOONS DARK BROWN SUGAR 2 TABLESPOONS  
PAPRIKA 2 TEASPOONS DRY MUSTARD 2 TEASPOONS ONION  
POWDER 2 TEASPOONS GARLIC POWDER 1 1/2 TEASPOONS DRIED  
SWEET BASIL 1 TEASPOON GROUND BAY LEAVES 3/4 TEASPOON  
GROUND CORIANDER 3/4 TEASPOON GROUND SAVORY 3/4  
TEASPOON DRIED THYME 3/4 TEASPOON FRESHLY GROUND  
BLACK PEPPER 3/4 TEASPOON WHITE PEPPER 1/8 TEASPOON  
GROUND CUMIN SALT TO TASTE

1. Prepare the rub: Combine all the ingredients in a small bowl. Store the mixture in an airtight container for up to four months. There's no need to refrigerate.

2. To use the rub, massage it into the meat thoroughly the night before you plan to grill. Wrap the meat well in plastic wrap and place in the refrigerator until grilling time, so that the flavors will be absorbed into the meat.

Makes 3/4 cup. Per tablespoon: 18 calories, .3g fat, no cholesterol.

#### JIM GOODE'S BBQ MOP

4 CUPS BEEF BROTH 2 BAY LEAVES 1 TEASPOON DRIED OREGANO  
2 TABLESPOONS UNSALTED BUTTER 1/4 CUP CHOPPED ONIONS 1/4  
CUP CHOPPED CELERY 1/4 CUP CHOPPED GREEN BELL PEPPER 1/4  
CUP MINCED GARLIC 2 TABLESPOONS JIM GOODE'S BBQ BEEF RUB  
(SEE RECIPE ABOVE) 1/2 TEASPOON DRY MUSTARD 1/2 TEASPOON  
SALT 1/2 TEASPOON WHITE PEPPER 1/2 TEASPOON BLACK PEPPER  
1/4 TEASPOON CAYENNE  
FINELY GRATED ZEST OF 2 LEMONS JUICE OF 2 LEMONS 2  
TABLESPOONS SOY SAUCE 2 TABLESPOONS WHITE-WINE VINEGAR  
1 TABLESPOONS OLIVE OIL 1 TABLESPOON SESAME OIL  
1 POUND FINELY CHOPPED BACON

1. Bring broth, bay leaves and oregano to a boil. Reduce heat to a simmer.

2. Meanwhile, melt the butter in a nonstick skillet over medium-high heat. Add the onions, celery, green pepper, garlic, Beef Rub, mustard, salt, white and black pepper, and cayenne. Cook until browned, about 5 to 7 minutes, then add to broth along with the lemon zest, juice, soy sauce, vinegar and the oils. Stir to combine.

3. Cook the bacon in a nonstick skillet until soft. Add the bacon and any rendered fat to the broth mixture. Continue simmering until the broth is reduced by a fourth, about 45 minutes to an hour. Adjust the seasonings and baste.

Makes 6 cups. Per ounce: 32 calories, 3g fat, 4mg cholesterol.

#### BBQ BRISKET WITH JIM GOODE'S MOP

1 FIRST-CUT BRISKET (ABOUT 5 POUNDS) 1/2 CUP JIM GOODE'S BBQ  
BEEF RUB (SEE RECIPE ABOVE) 8 CARROTS, HALVED CROSSWISE 3  
CUPS JIM GOODE'S BBQ MOP (SEE RECIPE ABOVE)

1. The night before serving, rub the brisket well all over with the BBQ Beef Rub. Wrap well in plastic and place in the refrigerator overnight for the meat to absorb the flavor of the rub.

2. Brown the brisket well on both sides over hot coals, 3 to 4 inches from the heat source, for about 8 to 10 minutes per side.

3. When ready to cook, preheat the oven to 350 Deg. Place the brisket in a large, heavy oven-proof pot. Add carrots and Jim Goode's BBQ Mop. Cover and cook for 1 1/2 hours.

4. Remove the brisket from the pot to a cutting board. Slice the brisket 1/4 inch thick. Re-form the sliced brisket in the pot. Spoon the sauce over the top, cover and cook 1 hour longer, basting occasionally with the sauce.

Serves 6. Per serving: 672 calories, 33g fat, 219mg cholesterol.

Jeff Stehney Competition Barbecue Tips

Jeff Stehney and his wife Joy have led one of the most successful competition barbecue teams, The Slaughterhouse Five, in recent years. The team won the Kansas City Barbecue Society's Team of the Year Award in 1993. Merle Ellis interviewed him and provided the following tips techniques and recipes in his newspaper column, Cooking Around the Country:

- 1) Stehney's group uses a competition model Oklahoma Joe smoker with a smoking chamber 30 inches in diameter and 9 feet long which permits him to cook at temperature ranges of 180 to 400 F. all at the same time. Comparing his smoker to most barbecue grills is somewhat like comparing a race car to a Model T but the results can be duplicated on equipment which permits cooking with indirect heat and smoke and temperature control.
- 2) Although it sounds obvious, taste is the most important consideration when barbecue is judged. The most heavily smoked food doesn't win; the food that tastes the best wins. For that reason, Shehney uses charcoal as a heat source and adds small logs or chunks of wood for smoke flavor. Oversmoked food is the enemy of a lot of backyard and nonwinning competition cooks.
- 3) You can use any combination of available hardwood with the following guidelines:
  - a) Unlimited combinations of oak, pecan, apple, cherry, alder and maple.
  - b) Limited use of hickory or mesquite. Both are quite strong and if too much of either is used a heavy, bitter flavor may result.
- 4) The cooking times Stehney uses allow the meat to absorb good smoke flavor and develop a nice smoke ring. The extended cooking times on some cuts like brisket and pork butt allow for natural flavors to develop without a need to wrap in foil. By using charcoal as a low heat source with limited wood smoke for flavor, the meat is allowed to tenderize naturally and not oversmoke. Stehney says it is impossible to smoke a brisket for 12 to 15 hours with wood only and not ruin it with too much smoke.

Smoke-Cooking Temperatures and Times

Meat Weight Temp. Time Int. Temp.

- Brisket 9-12 lbs. 220 14-18 hrs. N/A
- Pork butt 5-7 lbs. 220 10-12 hrs. N/A
- Pork loin 4-6 lbs. 250 3-5 hrs. 155
- Whole hog 75-90 lbs. 250 18-22 hrs. 165 (ham)
- Pork spareribs 2 1/2 to 3 1/2 375 2-3 hrs. N/A
- Pork loin ribs 2-1 1/2 lbs 375 2-2 1/2 hrs. N/A
- Turkey, whole 9-12 lbs. 200 10-12 hrs. 165 (thigh)
- Chicken, whole 2 1/2-3 1/2 lbs. 325 3-4 hrs. 165 (thigh)

Recipes

\* Exported from MasterCook \*

Jeff Stehney's All-Purpose BBQ Baste

Recipe By : Jeff Stehney

Serving Size : 10 Preparation Time :0:00

Categories : Bbq Smoked

Amount Measure Ingredient -- Preparation Method

- 
- 2 cups apple juice
- 1/2 cup Worcestershire sauce
- 1/4 cup vegetable oil

1/4 cup soy sauce  
Mix and apply to meats during BBQ process. Stehney doesn't like vinegar bastes for beef. Apple juice is a good accompaniment to brisket, chicken and pork.

-----

\* Exported from MasterCook \*  
Jeff Stehney's Cowtown Barbecue Sauce  
Recipe By : Jeff Stehney  
Serving Size : 10 Preparation Time :1:30  
Categories : Bbq Smoked  
Amount Measure Ingredient -- Preparation Method

-----

- 2 1/2 cups ketchup
- 1 1/2 cups sugar
- 1/4 cup cider vinegar
- 2 tablespoons molasses
- 1 tablespoon Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Tabasco sauce
- 1/4 teaspoon liquid smoke
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- = Jack Daniel's whisky (splash)

Combine all ingredients except whiskey and simmer for 1 hour, stirring often.  
Add splash of Jack Daniel's and cook 30 minutes more. Serve with cooked BBQ.

-----

NOTES : This sauce may be sweet for some tastes. If so, reduce the amount of sugar. This sauce was the winner of a Jack Daniels sponsored BBQ contest.

\* Exported from MasterCook \*  
Jeff Stehney's Pork Rub  
Recipe By : Jeff Stehney  
Serving Size : 10 Preparation Time :0:00  
Categories : Bbq Smoked  
Pork  
Amount Measure Ingredient -- Preparation Method

-----

- 2 tablespoons salt
- 2 tablespoons sugar
- 1 tablespoon brown sugar
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon MSG
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon cayenne

Mix and apply to large pork cuts such as butts before barbecuing. .

-----

\* Exported from MasterCook \*  
Jeff Stehney's Slaughterhouse Rib Rub  
Recipe By : Jeff Stehney  
Serving Size : 10 Preparation Time :0:00  
Categories : Bbq Smoked  
Pork  
Amount Measure Ingredient -- Preparation Method

-----  
4 tablespoons lemon pepper  
2 tablespoons salt  
2 tablespoons paprika  
2 tablespoons garlic powder  
1 tablespoon MSG  
1 tablespoon pepper  
Mix together. Rub on ribs before barbecuing. Jeff Stehney likes this rub on ribs; feels lack of sugar permits cooking ribs over medium-high heat without burning.

-----

\* Exported from MasterCook \*  
Jeff Stehney's Slaughterhouse Rub  
Recipe By : Jeff Stehney  
Serving Size : 10 Preparation Time :0:00  
Categories : Bbq Smoked  
Amount Measure Ingredient -- Preparation Method

-----  
6 tablespoons sugar  
4 tablespoons salt  
3 tablespoons MSG  
3 tablespoons chili powder  
2 tablespoons paprika  
2 tablespoons lemon pepper  
2 tablespoons onion powder  
2 tablespoons garlic powder  
2 tablespoons pepper  
1 tablespoon cayenne

-----



Jack Daniel's Rib Glaze From Miss Mary Bobo's Boarding House in Lynchburg, Tn.

2 racks of ribs (about 5 1/4 pounds) crushed red pepper flakes to taste 1 cup Jack Daniel's Whisky 1 cup ketchup 1/2 cup firmly packed dark brown sugar 1/4 cup vinegar 1 Tablespoon freshly squeezed lemon juice 2 teaspoons Worcestershire sauce 3 garlic cloves, finely chopped 1/2 teaspoon dry mustard salt and pepper to taste

Prepare the grill.

Bring a large pot of water to a boil. Add the ribs and the red pepper flakes and boil for 30 minutes. This partially cooks the ribs before you grill them.

Meanwhile, in a medium saucepan, combine all of the other ingredients and cook over medium heat until the mixture comes to a boil, stirring occasionally. Remove the ribs from the water and place them on the grill. Continually baste the ribs with the sauce and cook them for 15 - 20 minutes, or until they are cooked through.

\*NOTE: You can place the ribs in a covered pan and bake them at 350F until cooked through.

Uploaded December 22, 1994 By Jenee Burns [ 70007,3367]

Subject: T.G.I. Friday's Jack Daniels Grill Glaze Reply-To: cglroux@aol.com  
(CGLroux) Newsgroups: rec.food.recipes Followup-To: rec.food.cooking  
T.G.I. Friday's Jack Daniels Grill Glaze

This versatile sweet-and-slightly-spicy sauce can be ordered on salmon, baby back ribs, steak, chicken, pork chops...even on chicken wings (but only if you know to order it that way, since that one isn't on the menu). This recipe tells you how to make a clone that tastes virtually identical to the original glaze that you can use it to top your favorite meat, but if you're grilling, be sure to use the sauce just before taking the meat off the flame, since it is very sweet and will quickly burn. Serve extra on the side.

1 head of garlic 1 tablespoon olive oil 2/3 cup water 1 cup pineapple juice 1/4 cup Kikkoman teriyaki sauce 1 tablespoon soy sauce 1 1/3 cups dark brown sugar 3 tablespoons lemon juice 3 tablespoons minced white onion 1 tablespoon Jack Daniels Whiskey 1 tablespoon crushed pineapple 1/4 teaspoon cayenne pepper

Cut about 1/2-inch off of top of garlic. Cut the roots so that the garlic will sit flat. Remove the papery skin from the garlic, but leave enough so that the cloves stay together. Put garlic into a small casserole dish or baking pan, drizzle olive oil over it, and cover with a lid or foil. Bake in a preheated 325°F oven for 1 hour. Remove garlic and let it cool until you can handle it. Combine water, pineapple juice, teriyaki sauce, soy sauce, and brown sugar in a medium saucepan over medium/high heat. Stir occasionally until mixture boils then reduce heat until mixture is just simmering. Add remaining ingredients to pan and stir. Squeeze the sides of the head of garlic until the pasty roasted garlic is squeezed out. Measure 2 teaspoons into the saucepan and whisk to combine. Let mixture simmer for 35-45 minutes or until sauce has reduced by about 1/2 and is thick and syrupy. Make sure it doesn't boil over.

Makes 1 cup of glaze.

## Honey Glazed Chicken

You can also use pork or shrimp.

You will need the following:

Chicken piece's washed

Deep fry batter found on this web site

Flour

Egg wash

Honey

Corn starch water

Water

Wash the chicken pieces

Dip into egg wash then into flour and fry in wok or deep fryer.

Cook until the chicken floats and golden brown you can cut a piece to make sure it is done.

Now in a sauce pan heat water until soft boil remove from heat add honey.

Place back on heat and add cornstarch water until desired thickness. Do not let the sauce boil hard or you will break down the honey. Cover chicken in the sauce and serve on a bed of shredded lettuce

This dish can be used as part of a combo dinner or served as the main course.

If you notice that I do not give exact measurements on most of my recipes that is because that I cook large quantities and make just what is needed

Enjoy.

Please note if you notice that your sauce has a white milky appearance please don't worry it is just the cornstarch .

Heart Attack in a Bowl

By Walt Snyder

3-4 Breaded Chopped Veal

1 Condensed Can Cream of Onion Soup

1 Condensed Can Milk

Brown the veal

Mix Soup and Milk

Pour Mixed Soup on the Meat

Simmer 12-15 minutes

Enjoy

Grilling Times Pork , Beef, Fish and Poultry

| Selected Meat:                                                                                                                                                        | Grilling Time                                                            | Cook Until:                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Whole Chicken (about 3 1/2 lbs)                                                                                                                                       | About 1 hr over indirect heat.                                           | Juices run clear when skin between thigh and body is pierced.<br>Consider rotisserie for this.<br>Use meat thermometer in thickest part of thigh until 170 F before removal from heat. |
| Boneless Chicken Breast Halves                                                                                                                                        | About 10-18 min.                                                         | No pink remains when you cut into breast.*                                                                                                                                             |
| Chicken Leg/Thigh Combinations                                                                                                                                        | About 45 min                                                             | Juices run clear and meat looks brown (except right next to bone, where it may be a little pink.)*                                                                                     |
| Chicken Wings                                                                                                                                                         | About 25-35 min.                                                         | Meat is white; juices run clear.*                                                                                                                                                      |
| Whole Turkey Breast (boneless)                                                                                                                                        | About 25-30 min.                                                         | Meat is white and no trace of pink remains.*                                                                                                                                           |
| Sliced Turkey Breast (1/2" thick)                                                                                                                                     | About 5 min.                                                             | Meat is white and no pink remains.*                                                                                                                                                    |
| Boneless Pork Chops (1/4"-1/2" thick)                                                                                                                                 | 10-14 min.                                                               | No trace of pink remains.*                                                                                                                                                             |
| Pork Loin Chops (1/2" thick)                                                                                                                                          | 8-11 min.                                                                | Tender and no longer pink.*                                                                                                                                                            |
| Pork Spare Ribs (3 lbs, separated into ribs)<br>Boil briefly (10 min.) to remove fat, or partially precook in the microwave for 5 min on high, then 30 min on medium. | About 25-30 min.                                                         | Meat is fork-tender.                                                                                                                                                                   |
| Pork Loin Roast 3#                                                                                                                                                    | About 1hr                                                                | Meat reaches 170F before removal from source.                                                                                                                                          |
| Pork Tenderloin (3/4 lb)                                                                                                                                              | About 20-25 min.                                                         | Consider rotisserie for this.<br><br>Meat reaches 155-160F. on meat thermometer.                                                                                                       |
| Ham Steaks (1/2" thick)                                                                                                                                               | About 5-7 min per side.                                                  | Meat is heated through.                                                                                                                                                                |
| Leg of Lamb (6 lbs.)                                                                                                                                                  | 45-60 min.                                                               | Meat thermometer reads:<br>130-140F for rare<br>145F for medium<br>160F for well-done.                                                                                                 |
| Lamb Chops (1/2" thick)                                                                                                                                               | 8-12 min.                                                                | Meat loses shiny red center and is cooked to desired shade of pink or brown.                                                                                                           |
| Fish Steaks or Fillets                                                                                                                                                | 3-8 min per side, depending on thickness, or about 10 min per inch thick | Flesh just flakes easily with fork and is opaque instead of translucent.                                                                                                               |

- Before grilling over charcoal, allow the coals to form a thin white ash appearance. Grate should be positioned 3-5" above the coals.

- **Direct Method:** Cook food directly over the coals. Use this method for thinner pieces of meat, poultry or fish.
- **Indirect Method:** Cook food on opposite side of coals. This is a slower cooking method for larger pieces of meat and poultry. This method reduces flare-ups.
- **\* Always use a quality direct read or digital meat thermometer. Remember temperatures rise 5-10 degrees after removal from heat source.**

## Whole Turkey on Grill

I've prepared a whole turkey on both a gas grill and a Weber charcoal grill. The largest turkey I've been able to prepare is about 14 lbs.

### General instructions:

Clean turkey well, removing any bits of pin feathers and cleaning the cavity of any remaining pieces of innards. Soften a stick of butter to room temperature and rub the cavity with half of the stick of butter. Stuff with your favorite stuffing. With the remaining butter, stuff a little between the skin and the breast meat and rub some over the skin of the turkey. Stuff a little bit of the stuffing between the skin and the breast also. Skewer the cavity opening shut. Also place a little stuffing in the neck cavity, tuck the neck skin under and skewer shut. Salt and pepper the turkey and I like to place about three pieces of bacon on top of the bird. I know, I know - this is not exactly the most low cholesterol way of preparing turkey--but none of us have a problem here and we've been eating this way for many, many years.

I've found that instead of using a roasting pan it is easier to use a homemade pan from extra heavy duty foil - using three layers of foil and making it just big enough to hold the bird and the sides need to be about 2 1/2" high.

For a gas grill, I have placed the turkey crosswise on the grill so that the pan is evenly distributed over the two sets of jets. Set the flame so that a temperature of 300 to 325 degrees is maintained. On my 44,000btu grill, that is about the lowest setting. Cover with heavy duty foil for the majority of the cooking. Time about 20 minutes per pound at 300 degrees. Remove the foil for the last hour of cooking. Every once in while, baste the turkey with the juices (or with the basting juice recipe--to follow). I have "hot spots" in the jets of the grill--so about twice during the cooking I turn the turkey around (and the pan, of course) so that one side is not more cooked than another.

### Basting Juice recipe

1 medium onion  
1 stick butter  
neck and gizzard  
3 cups chicken stock or water or bullion  
2 tsp chopped rosemary  
salt and pepper to taste

1/2 cup vermouth  
1 cup sweet marsala wine  
juice from two lemons

Melt the butter in a heavy pot over medium high heat. Chop the onion and sauté in the butter until just translucent. Add the neck and the gizzard and continue cooking for about 4 minutes. Add the rosemary and stock and simmer until reduced by half. Strain well. Use the gizzard and neck in the stuffing or the gravy. For the basting juice, mix together the stock preparation, one half of the marsala and vermouth and the juice of one lemon. Use the remaining wine and vermouth and lemon juice if needed. I use all of the mixture for a 20 lbs turkey, so I wouldn't think you would need to use all of it for a smaller turkey. This really keeps the turkey moist and flavorful. BTW, roasting a turkey on the grill - even if you don't use this basting juice - makes a very, very flavorful and juicy turkey (and whole chicken too).



Forum: Cooks Online Section: Outdoor Cooking Subj: Grilled Prime Rib

To : James D. Gilliam, 102602,2420 4/2/96 9:33 PM From : Overton

Anderson/AR, 72701,667 #668217

James...I'd put the rib roast on a rack in or above a drip pan; put well lit charcoal around the outside; put some liquid in the drip pan to prevent scorching; cook about 10 to 15 minutes per pound of roast; check with an instant reading meat thermometer after 8 to 10 minutes per pound and remove to rest for 15 to 30 minutes after the thermometer reads about 125 to 130 F. The temp will rise another 5 to 10 degrees with resting. Use drippings for a sauce. BTW, have the butcher remove short ribs and chine bone so you can carve easier.

Overton Anderson on 02-Apr-96 at 19:27 using OzWinII

Grilled Garlic Bread:

1 stick of soy margarine, room temperature (I recommend Shedd's brand Soy Margarine)  
3 large cloves of garlic (finely minced or use garlic press)  
1 teaspoon ground pepper

French or Italian Bread

Mix soy margarine, garlic and pepper in a bowl. Cut bread into slices and butter one side of all the slices. Reassemble slices into a loaf, wrap in tin foil and seal the edges of the foil. Place foil package on the barbecue and cook until bread is toasted.

Bread with Garlic Dipping Oil:

Garlic-flavored Olive Oil (available in your grocery store)

Red Wine Vinegar

French or Italian Bread

Pour olive oil onto a plate, adding a splash of vinegar to the center. Use this to dip bread into.

## GRILLING BEEF

| BEEF CUT                                                                                                                                       | THICKNESS/<br>WEIGHT           | TOTAL COOKING<br>TIME UNCOVERED <i>Approx.</i><br><i>(medium rare to medium)</i> |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|----------------------------------------------------------------------------------|
| Ribeye Steak                                                                                                                                   | 3/4 inch                       | 6 to 8 minutes                                                                   |
|                                                                                                                                                | 1 inch                         | 11 to 14 minutes                                                                 |
| Porterhouse/T-Bone Steak                                                                                                                       | 3/4 inch                       | 10 to 12 minutes                                                                 |
|                                                                                                                                                | 1 inch                         | 14 to 16 minutes                                                                 |
| Top Loin Steak,<br><i>boneless</i>                                                                                                             | 3/4 inch                       | 10 to 12 minutes                                                                 |
|                                                                                                                                                | 1 inch                         | 15 to 18 minutes                                                                 |
| Tenderloin Steak                                                                                                                               | 1 inch                         | 13 to 15 minutes                                                                 |
| Top Sirloin Steak,<br><i>boneless</i>                                                                                                          | 3/4 inch                       | 13 to 16 minutes                                                                 |
|                                                                                                                                                | 1 inch                         | 17 to 21 minutes                                                                 |
| Flank Steak ( <i>marinate</i> )                                                                                                                | 1-1/2 to 2 lb                  | 17 to 21 minutes                                                                 |
| Top Round Steak ( <i>marinate</i> )<br><i>Recommend cooking to medium rare</i><br><i>(145°F) doneness only.</i>                                | 3/4 inch                       | 8 to 9 minutes                                                                   |
|                                                                                                                                                | 1 inch                         | 16 to 18 minutes                                                                 |
|                                                                                                                                                | 1-1/2 inches                   | 25 to 28 minutes ( <i>grill covered</i> )                                        |
| Ground Beef Patties<br><i>USDA/FSIS recommends cooking</i><br><i>to medium (160°F) doneness or</i><br><i>until centers are no longer pink.</i> | 1/2 x 4 inches<br>(4/1 lb)     | 11 to 13 minutes                                                                 |
|                                                                                                                                                | 3/4 x 4 inches<br>(4/1-1/2 lb) | 13 to 15 minutes                                                                 |

Source: National Cattlemen's Beef Association

## Grandma's Pot Roast with Vegetables and Gravy

Ingredients: XXE XXM

4 lb. Chuck roast 1/2 t Salt 1/2 t Freshly ground black pepper 3 T Canola oil 1 Small clove of garlic, crushed 2 C Water 1 Large onion (or 2 medium onions) cut into wedges 5 Medium carrots, peeled and cut into 2-inch pieces 3 or 4 Large potatoes, peeled and quartered 1/2 C All-purpose flour

Directions:

Rub the salt and pepper into the roast. Heat the oil in a large, heavy Dutch oven. Brown the roast over medium-high heat; then pour the water around it, reduce the heat to low, and add the garlic to the water around the roast. Cover tightly and simmer for 1-1/2 hours.

Place the onions, carrots and potatoes around the cooked roast, sprinkle lightly with salt, cover the Dutch oven, and simmer for 45 minutes.

Remove from heat; transfer the roast and vegetables to a platter and keep warm.

Measure the liquid remaining in the pan; add water to make 3 cups of liquid.

Pour about one-third of the liquid into the Dutch oven. Over medium heat, sprinkle in the flour, and stir rapidly with a whisk or wooden spoon, adding the rest of the liquid gradually, and smoothing out any lumps. Cook until gravy thickens, stirring constantly. Season to taste with salt and pepper.

Notes: Many young cooks are reluctant to make gravy because of the potential for lumps. Admittedly, there is a knack to making gravy but, with practice, it is soon acquired. And remember, a lump or two never hurt anyone, and there's always that strainer.

### Georgia Pork Chops

4 lg. lean pork chops shortening 4 thick onion slices 1/4 cup peanut butter 1/2 can cream of mushroom soup 1/4 cup milk 1 tsp. salt 1 tsp. Worcestershire 1/8 tsp. pepper

Brown pork chops on both sides in shortening. Pour off grease. Top each chop with an onion slice. Mix peanut butter, soup, milk, salt, Worcestershire and pepper together. Pour over chops. Cover and cook slowly for 45 mins.

Source: unknown

### Hungarian Pork Chops

6 pork chops 1 med. onion, chopped 1 garlic clove, minced 3 Tbsp. butter 1 bay leaf 3/4 cup chicken bouillon 1 cup sour cream 2 tsp. paprika

Trim excess fat from chops. Sprinkle chops with salt and pepper. Saute onion and garlic in butter until soft and golden. Push aside or remove from pan. Add chops and brown on both sides. Pour off fat. Lower heat and add bay leaf and bouillon. Cook, covered over low heat for 1 hour. Transfer chops to hot serving plate and keep hot. Reduce pan juices to half by cooking over high heat. Add sour cream and paprika; blend thoroughly with pan juices. Heat through, but do not boil. Pour sauce over chops.

Source: unknown

### Pork Chops Supreme

4 pork chops 1/2 tsp. seasoned salt garlic powder, to taste cumin, to taste 2 Tbsp. butter 1 cup chopped green onion 7 oz. green chili salsa 1 Tbsp. flour 1 cup 1/2 & 1/2

Season chops with seasonings. Brown in butter in skillet; remove. Sauté onions in pan drippings. Stir in salsa. Add chops. Simmer, covered, 1 hour or until tender; remove. Blend flour in pan juices. Cook until thickened, stirring constantly. Stir in 1/2 & 1/2. Add chops. Cook until heated through.

Source: unknown

Gas Grilled Roast Herbed Chicken

Recipe By : Overton Anderson Serving Size : 4 Preparation Time :1:30

Categories : Chicken Outdoor Herb

Amount Measure Ingredient -- Preparation Method -----

----- 3 1/2 pounds chicken -- fryer, whole 2 tablespoons olive oil 1 cup white wine 2 cloves garlic -- crushed 1 large lime -- juice of 1 sprig rosemary -- bruised 2 teaspoons salt 2 teaspoons pepper -- freshly ground 2 teaspoons thyme -- dried 1 teaspoon sage -- dried 1 teaspoon oregano -- dried 1 teaspoon rosemary -- crushed 1 teaspoon fennel seed 1/4 teaspoon celery seed 1) Wash and dry and remove giblets and any excess fat from chicken. 2) Marinade chicken for a couple of hours or refrigerated overnight in a gallon ziplock with a marinade of the olive oil, the white wine, the lime juice, the rosemary sprig (add other fresh herbs of choice such as thyme as you choose) and the chopped garlic. 3) Remove chicken from marinade, reserving marinade, and pat chicken dry with paper towels. Salt and pepper interior of chicken with half of the salt and pepper. Stuff chicken with the herbs and garlic from the marinade. Truss chicken. 4) Dip fingers in the marinade to coat them with a little oil and rub it over the chicken so the herbs will adhere. Grind herbs and seasonings in a mortar or spice grinder to a coarse powder. Sprinkle herb mixture and remaining salt and pepper over chicken to coat evenly. 5) Preheat a gas grill (charcoal is fine but rig for indirect cooking, perhaps by making a ring of charcoal around the center of the grill). After the grill is preheated, do whatever your grill requires to cook with indirect heat (on a Weber, turn the middle burner of the three off or to low and leave the front and rear burners on medium to high.) Place a small baking pan with the reserved marinade on the grill. Place a rack or grate over the pan and place the chicken, breast down, on the rack. Cook, with cover closed, about 30 to 45 minutes, regulating heat as necessary so the skin browns nicely but does not burn, then turn chicken breast side up. Cook breast side up an additional 30 to 50 minutes. Add water or wine as necessary to the pan. Test with an instant meat thermometer and remove from heat when the temperature is about 170 degrees at the thigh or to the degree of doneness you prefer. Let chicken rest about 15 minutes or so. 6) Make sauce or gravy from the drippings and wine in the tray.

-----  
NOTES : 1) Dry herbs adhere better and stand up to heat better than fresh. 2) On my Weber Genesis, I turn the middle of the 3 burners to low or off and leave the front and back burners on high. Depending on your grill and the weather you may need to adjust settings as you go along. 3) Avoid lifting the lid to admire your work in progress any more often than necessary.

## Garlic Bread

Get a nice loaf of French Bread at your grocers or bakery. Slice it in half, and spread a soft margarine or butter all over it. Sprinkle a generous amount of Garlic Powder on the bread. I like to add a little fresh crushed garlic also. Put on the grill about 5 minutes before the meat is ready to come off. Three minutes on the crust side, and two minutes on the buttered side. Slice and serve hot.

## FAIR FOOD

### FAIR FRIES

Recipe courtesy of BBQGUIDE

Take a 10# bag of Idaho Bakers and slice them to your favorite thickness. Place them in a large mixing bowl and fill with water and let soak. These can be refrigerated until you are ready to cook them. Soaking the potatoes removes the starch. Be sure to wash the potatoes but.. LEAVE THE SKINS ON!! Buy a large jug of peanut oil. If you don't have a deep fryer you can use a heavy dutch oven or even use a fry pan. Heat the peanut oil to 350 F. You can buy a deep fry thermometer for about \$10 from [www.p4online.com](http://www.p4online.com) . Remove the potatoes from the water and pat dry with paper towels. Depending on the thickness of your cuts, fry them the first time, about 8 minutes, for normal sliced fries. Remove them from the oil and let them cool. REFRY them when you are ready to serve about half the cooking time or until the desired crispiness has appeared. You should really try the gourmet salts on these. One batch of these fries won't be enough, I GUARANTEE!!!

### SOFT PRETZELS

Recipe courtesy of Marie Ostrosky

1 tablespoon sugar

1 tablespoon active dry yeast (one 1/4-ounce envelope)

5 to 6 cups all-purpose flour

1 tablespoon salt

2 teaspoons canola oil

2 tablespoons baking soda

1 large egg

Coarse or pretzel salt

Vegetable-oil cooking spray

Pour 2 cups hot water into bowl of electric mixer with dough hook. Check water with instant-read thermometer to register about 110 degrees. Add sugar, stir to dissolve. Sprinkle with yeast; let sit 5 minutes; yeast should bubble. Beat 1 cup flour into yeast on low until combined. Beat in salt and 4 cups flour until combined, about 30 seconds. Beat on medium-low until doughy pulls away from sides of bowl, about 1 1/2 minutes. Add 1/2 cup flour, and knead on low 1 minute more. If dough is still wet and sticky, add 1/2 cup more flour (this will depend on weather conditions); knead until combined, about 30 seconds. Transfer to a lightly floured board, and knead about 10 times until smooth. Pour oil into a large bowl; swirl to coat sides. Transfer dough to bowl, turning dough to completely cover all sides. Cover with a kitchen towel, and leave in a warm spot for 1 hour, or until dough has doubled in size. Heat oven to 450 degrees. Lightly spray two baking sheets with cooking spray. Set aside. Punch down dough remove bubbles. Transfer to a lightly floured board. Knead once or twice, divide into sixteen pieces (about 2 1/2 ounces each), and wrap in plastic. Roll one piece of dough at a time into an 18-inch-long strip. Twist pretzel shape; transfer to prepared baking sheet. Cover with a kitchen towel. Continue to form pretzels; eight will fit on each sheet. Let dough rest until it rises slightly, about 15 minutes. Meanwhile, fill large shallow pot with 2 inches water. Bring to a boil. Add baking soda. Reduce to simmer; transfer three to four pretzels to water. Poach 1 minute. Use slotted spoon to transfer pretzels to baking sheet. Continue until all pretzels are poached.



Beat egg with 1 tablespoon water. Brush pretzels with egg wash. Sprinkle with salt. Bake 12 to 15 minutes, until golden brown. Let cool on wire rack. Pretzels are best when eaten the same day, and will keep at room temperature, uncovered, for two days. Do not store in covered container.

=====

CORNY DOGS

Recipe courtesy of Marie Ostrosky

Vegetable oil (for deep frying)

1/2 cup unsifted all-purpose flour (for dredging)

2/3 cup yellow cornmeal

1/3 cup unsifted all-purpose flour

1 teaspoon salt

1/2 cup milk

1 egg, well beaten

2 tablespoons vegetable oil

10 ready-to-eat frankfurters (1 pound)

10 wooden skewers

Place oil in deep-fat fryer, insert deep-fat thermometer, and begin heating to 375 degrees F. Place 1/2 cup dredging flour in pie pan; set aside.

Mix cornmeal, 1/3 cup flour, and salt in 2-cup glass measure. Add milk, egg, and 2 tablespoons vegetable oil. Mix well and set aside.

Thread frankfurters onto wooden skewers. Roll in dredging flour to coat, shaking off excess. Dip frankfurters, one at a time, in cornmeal batter, then fry in 375 degree F oil until golden brown, about 2 to 3 minutes. Serve warm.

=====

FUNNEL CAKES

Recipe Courtesy of Television Food Network

3 large eggs

2 1/4 cups milk

1/2 teaspoon pure lemon extract

4 cups flour

1 cup light brown sugar

1 tablespoon baking powder

1/2 teaspoon salt

Oil for frying

Cinnamon powdered sugar for dusting

Preheat the oil to 375 degrees F. In a mixing bowl, whisk the eggs, milk, and lemon. Whisk well. Sift the flour, sugar, baking powder, and salt together. Fold the flour mixture into the egg mixture. Stir until smooth. Hold your finger over the funnel opening, fill with 3/4 cup of the filling. Place your hand over the oil and carefully remove your finger. Scribble and criss-cross the filling into the hot oil. Fry until golden on both sides. Remove from the oil and drain on paper towels. Dust with cinnamon sugar mix. Repeat the process until all of the batter is used.

Yield: about 8 cakes

=====

FAIR STEAKS

BBQ RIB EYE STEAK

Recipe Courtesy Richard Jones, executive chef Richard’s Place

MARINADE FOR STEAK:

1 teaspoon minced garlic

2 sprigs rosemary

1 cup olive oil

2 (12- ounce) rib eye steaks

Combine garlic, rosemary, and olive oil in glass dish or stainless steel bowl. Place steaks in olive oil mixture. Marinate steak for 1 hour before cooking.

**BBQ SAUCE:**

2 ounces sweet butter  
1 tablespoon grated Spanish onion  
1 teaspoon minced fresh garlic  
3/4 cup sugar  
8 ounces Worcestershire sauce  
1 teaspoon Dijon mustard  
1/2 teaspoon jerk seasoning  
Salt and pepper to taste  
1 1/4 cups catsup  
1 teaspoon yellow mustard  
1 tablespoon white vinegar

On a low heat, melt butter in a small saucepan. Add grated onions, minced garlic, and sugar. Using a wooden spoon, stir mixture for approximately 3 minutes. Add remaining ingredients. Allow sauce to simmer 8 minutes stirring occasionally.

**PREPARING STEAK** Heat cast iron skillet (with grill marks) until skillet is very hot. Remove steaks from marinade and pat semi-dry. Place steaks in hot skillet and cook to desired temperature. Baste steak with BBQ sauce to taste.

Yield: 2 servings

## Egg Rolls

You can use chicken, shrimp, scallops, pork or just veggie.

So you will need the following:

Egg roll papers... look for at your store

Chow mien cooled and chopped

Egg wash

Deep fry batter. Found on this web site.

Pastry brush

You will find the chow mien recipe on my page.

After cooking, spread out taking a large knife and chop a bit finer let cool.

Take egg roll paper and place with the corners top & bottom place a spoon or two of your chow mien in the center, then fold the left and right corners together then brush with egg wash then do the same with the top and bottom corners brush with egg wash and set aside with the washed side up. Continue until you have that amount you need. Heat your deep fryer or wok until the oil is 350\* to 375\* If using wok please be very careful and watch the temp of your oil. Fry each egg roll for about a minute and remove, cool this is to seal the egg roll. When cool, dip each roll in to the batter and fry for about 4 to 5 min or until they are a nice golden brown.

Serve with Chinese red sauce and hot mustard add a few sesame seeds on the side for decoration. Enjoy

## DRY RIB RUB

This is without a doubt the world's best "Rib-Rub". Use on baby back ribs for BBQ or use in a smoker. Enjoy!

6 tsp. Salt

1 tsp. Dried Lemon Powder

6 tsp. Sugar

2 tsp. Monosodium Glutamate

1 tsp. Paprika

1/2 tsp. Dried Mint

2 1/2 tsp. Black Pepper

1. Sprinkle generously on racks of ribs.
2. Refrigerate seasoned ribs overnight.
3. BBQ as usual!

This seems to me to work best when I smoke ribs with mesquite wood chips. Really, it doesn't get any better than this!.

Wayne Hollingshead

Coming direct to you from Australia, say Hello to my friend Jackie. Thanks for taking your time to share your personal recipe files!

Sweet and Sour Beef Balls (can be used as entree)

(makes about 42)

1kg minced beef - about 2.2 pounds

4 spring onions chopped

1 cup breadcrumbs

2 cloves of crushed garlic

2 tablespns oyster sauce

1 egg lightly beaten

1/2 tablespn sesame oil

1 tablespn sesame seeds

peanut oil

1 and 1/2 cups sweet sour sauce (warmed)

1/4 tablespoon five spice powder

Using hands combine minced onions, breadcrumbs, garlic, oyster sauce, egg, oil and seeds. Shape level

tablespoons into balls place on oven tray cover and fridge for half an hour.

Shallow fry balls in hot oil in batches until brown

drain on absorbent paper brush with 1/2 cup sweet sour sauce

cook in moderate oven 180 c or 350 degrees for 10 min

insert tooth pick into each ball with a lime slice to

serve

Enjoy!!!!

Spiced Lamb Kebabs

500g trim lamb cut into cubes - about 1.1 pounds

1 tbspn olive oil

1/2 tbspn peppercorns

salt to taste

1 med red capsicum

12 shallots or spring onions

In large bowl, add meat oil and spices and coat meat thoroughly. leave to marinate 2 hours.

Halve and remove seeds from capsicum and cut into large squares. Trim tops off spring onions and boil for 1 minute. Drain and refresh under cold water then cut lengthwise. On each skewer thread cubes of meat and onion and capsicum. Continue until all ingredients used.

Combine the ingredients together for the dressing in a bowl. Place kebabs on a pre heated grill and grill over high until golden brown all over and turn after 5 min. Sprinkle salt to taste.

Spoon rest of dressing prior to serving

Tip: use wooden skewers soak in water for an hour to prevent getting burned

### Deviled Eggs Marzetti Style

12 eggs, hard-boiled and shelled

1/2 cup Marzetti Original Slaw Dressing

3 tbsp. Classic Yellow Mustard

Salt and Pepper to taste

Paprika, parsley or ground pepper

Cool eggs and slice in half. Remove yolks and put in a bowl; set whites aside. Add the remaining ingredients to the yolks. Mix until smooth. Salt and pepper to taste. Fill the egg white halves with the yolk mixture. Sprinkle with paprika, parsley or ground pepper.

Prep Time: 20 min    Cook Time 15 min.

Makes 6 servings.

BBQGuides notes: Don't make the mixture runny by following this recipe EXACTLY. Start with a lesser amount of Slaw and Mustard. Of course you can do it all to taste but there is nothing like Marzetti's Slaw Dressing.

ANOTHER VARIATION would be to use LITE Marzetti's with SOME salt, about a tablespoon of SUGAR and a LITTLE Vinegar. Start and go slow adding liquid!

## Deep Frying The Birdy

From: NOLAJOHN Oct-19 7:07 pm

To: PATTIL1 unread 17 of 19

158.17 in reply to 158.1

It's coming up to that time of year again. Hurray!

Congrats on your cooker. You'll enjoy it.

I deep fried my first turkey last year. I did a lot of web searching looking for info on how to prepare and cook the bird.

It was great. Juicy, flavorful and the aroma of the turkey cooking wafting in the air was definately got people's appetites primed.

I'm sure some of these items have been mentioned in previous post so please excuse any repeats.

The day before frying:

1/ Check how much oil you will need. Place the turkey in the pot and fill with water about 1" over turkey. I found that using 1 gallon water jug helps determine how much you need. Last year I used 4 gallons for a 12 lbs turkey.

2/ Wash and dry the defrosted turkey.

3/ The day before frying I used a meat injector (e.g. Cajun Injector) to inject a flavor marinade into the turkey. I used a commercially available product. I've seen recipes on the web to make your own.

4/ I "salted" the bird on the outside and in the cavity with a seasoned salt. I don't remember the brand... I think it was a cajun seasoned salt. It doesn't have to be a heavy coat.

5/ Refrigerate the bird. I was travelling so I used a turkey roasting bag and packed it all in an ice chest, covered.

6/ Check the thermometer with boiling water: 212 F. The set came with a metal dial thermometer which can be adjusted.

Cooking the turkey:

1/ A lot of the websites recommened peanut oil, due to its high smoke point and the added flavor to the bird.

2/ While the oil is heating, place the turkey on the stand and let it drain. Wipe off any excess moisture.

3/ Putting the turkey into the oil was a 2 person operation. We used a broomstick to lower the stand into the oil. Wear heavy gloves to protect your hands.

4/ Lower your turkey into the oil slowly. You'll see how the oil is behaving to know how fast to put the bird in.

5/ Create a wind block, if necessary, using a card board box.

6/ When done, take the bird out slowly so that oil will drain from the cavity.

That's what I remember about cooking the turkey from last year.

I can't wait to do that again.

Enjoy!

John

Deep Fry Batter

From: Johnson <jmjohnsn@sprynet.com>

Reply-To: jmjohnsn@m9.sprynet.com

Newsgroups: rec.food.recipes

Followup-To: rec.food.cooking

Deep fry batter

1/2 cup corn starch

1/2 cup flour

1 1/2 tsp. baking powder

3/4 tsp. salt

dash sugar

1/2 cup milk

1/3 cup water

Combine dry ingredients well. Add liquid & blend thoroughly.

<http://home.sprynet.com/sprynet/jmjohnsn>

Recipes, travel, computers, kids, books & lots more

~~~

Rec.food.recipes is moderated; only recipes and recipe requests are accepted for posting. Please read the "Posting Guidelines" article. Recipes/requests go to recipes@rt66.com; questions/comments to tfdpress@acpub.duke.edu. Please allow several days for your submission to appear.

Deep Fried Prime Rib

This is a got to try recipe! This technique gives you the juiciest and best flavored prime rib you will ever have!

Ingredients:

- 1 Prime Rib or large cut of beef
- 3 gallons peanut oil
- 1 turkey pot with hook and stand or boiling basket
- 2 tsp ground rosemary or freshly chopped fresh rosemary
- 2 tsp kosher salt
- 2 tsp freshly ground black pepper
- paper towels or bread slices
- 1 long slim knife, like a fillet knife

The night before you plan to serve your prime rib mix salt, pepper and rosemary and rub the meat with it liberally. Cover the meat and place it in the refrigerator over night. The roast needs to come to room temperature before frying so remember to remove from refrigerator around an hour to an hour and a half before frying.

Heat 3 gallons of peanut oil to 360 degrees Fahrenheit.

Slowly lower the prime rib into 360 degree oil. You can expect the oil to drop in temperature quickly, probably down to approx. 325, turn the heat up on the burner to bring back up to 350, and then level off temperature. Cook the prime for 3 minutes per pound of weight for medium rare steaks. 4 minutes per pound for Medium.

Carefully remove from hot oil let rest for 10 minutes, (Try using sliced bread to drain on vs. paper towels) slice and serve.

I did a variation of this using a 3/4" Prime Rib steak in my DeLonghi deep fryer. It took TWO MINUTES to cook this to a medium rare/rare doneness. It WAS very good and you HAVE to use the peanut oil. NO EXCEPTIONS! Be careful not to burn down the house!

Courtesy of the Culinary Cafe' and BBQGuide

Sesame chicken

This is a favorite dish that can be served as an appetizer or part of a dinner combo or just a snack.

You will need:

Chicken pieces or small strips

Sesame seeds

Deep fry batter***

Cooking oil

Wok or deep fryer *350 to *375

If you use a wok please be very careful and watch the temperature of your oil if it starts to smoke turn down the temperature.

First wash your chicken in cold water, then add the sesame seeds to the batter you don't need as many as you think just a few will look good when done. Mix well add chicken.

When oil is to temp add chicken one piece at a time and cook until chicken floats and golden brown.

*** I tried the deep fry batter that is on this web site and it works good.

If you want to spice it up a bit you can add you favorite hot powder or some dried hot red pepper flakes to the batter. And serve with Chinese red sauce.

Enjoy.....

COOKING WITH THE PEQUOT MESS

SPIT COOKING

Cooking on a spit, when done properly, can produce the finest meal ever eaten in the field but, as my alter ego has put so graphically, it is not for the faint of heart. Pig, chicken, turkey or even the shapeless ham loaf; there comes the moment of truth wherein the insertion must be made. One of my motivations for engaging in this hobby was an attempt to understand the mind of the Civil War soldier. It is quite evident that he was a hardy individual, required to take extraordinary measures with the carcasses of dead animals and then to eat under extremely unsanitary conditions. Therefore, it is under the stalwart banner of authenticity that we must overcome squeamishness and press on to pre-roisserie glory.

Spit cooking is simply the process of suspending meat above heat and allowing the meat to cook while slowly revolving to allow for evenness throughout.

There are two basic methods for suspending the meat; the traditional horizontal bar held up by uprights and the hanging spit. The hanging spit is merely a piece of meat hung over a fire from a rope or twine and set to spinning by winding up the rope periodically. The meat must be reversed for even cooking and care must be taken not to allow the rope to burn through or you will wind up with extra crispy. The beauty of this method is that the only thing required to carry in a haversack is the rope or twine, a good knife can fabricate the rest.

The horizontal spit allows for more control, however, and is the one we use.

One of our members is a machinist and has made two long and sturdy spits which allow us to cook three large birds or hams on each spit. The public seems to find this method of cooking extremely photogenic but then they also find dishwashing equally as fascinating.

One does not need to resort to a machinist, however, to create a workable device. I have seen cast iron spits in use and a wooden spit could be created rather quickly. The key thing to remember is that a fork must be attached parallel to the bar to lock the meat in place, otherwise the bar would turn but the meat would not.

What cooks the meat is heat, not flame. It may look pretty to see the dancing flames leap up and lick the chicken or ham but the result will be a burnt skin and raw interior. The ideal heat is generated from coals. We always build our fire to the side and rake coals under the spit allowing for continuous and even heating. There are times when good wood is unavailable and we have to make do with poor or green wood. In this case, erect the spit to the side of the firepit and cook the meat out of the flame using the radiant heat of the fire. This will take longer so allow extra time.

In cooking over a good bed of coals you can use the following rule of thumb; suspend the meat approximately eighteen inches over the heat and allow approximately twenty minutes per pound. With a little trial and error you will be able to tell when the meat is done. The flavor is worth the effort.

DILLED BRUSSEL SPROUTS

A great camp snack. Prepare a brine of white vinegar and salt to the proportions of two tablespoons salt to one quart of vinegar. Add one or two cloves of crushed garlic and bring to a boil. When at a boil, sprinkle enough dill seed on top to completely cover the liquid. Add a dash of cayenne to give it a positive expression. Add frozen or fresh brussel sprouts and simmer until done. Cool and bottle. This keeps very well even though it may smell like last week's garbage.

Broiled Lobster Tails

4 frozen lobster tails 2 qts. boiling water 1/4 cup salt 1/4 cup lemon juice

Drop frozen lobster tails in boiling water; add salt and lemon juice; heat to boiling again. Reduce heat, cover and simmer 20 minutes. Drain. With a sharp knife or kitchen scissors, remove soft shell-like covering on underside of tail. Drizzle melted butter over lobster meat; sprinkle with paprika. Place lobster on rack 4-6 inches from broiler. Broil 6 minutes. Serve in shell with melted butter. Small condiment forks are great for removing that last little bit of sweet meat from inside the tail. Keep a close eye on your tails and remember when they are removed from the heat they will continue to cook. If you OVER COOK THEM they will be all rubber. Undercook them and the consistency will turn your guests off. A little practice on what the meat looks like when its cooked correctly will last you forever. Good luck and of course email me with your results!

submitted by: food.chat@simpleinternet.com

from New Jersey, USA

CHEF'S RECIPES

Traditional Boiled Lobster

The favorite of many, boiled lobster makes an excellent feast to be enjoyed by all.

Prepare the Lobster

What you'll need:

Live Lobsters

Table salt (Add 2 tablespoons of salt for each quart of water.)

Step 1: Fill a deep pot with enough water to completely cover the lobsters.

Step 2: Add Salt. Salted water is made with 1/4 cup of table salt per gallon of fresh water.

Step 3: Bring the water to a boil.

Step 4: Place the lobsters in the pot head first.

Step 4: Wait for the water to return to a boil, then cover and cook for another 15 minutes or until the lobsters are bright red.

Step 5: Remove the lobsters immediately when done.

Melted Butter

Steamed lobster is typically served with melted butter on the side. Melt some butter and put in small dishes for all to dip and enjoy.

<http://www.texascooking.com/features/dec2001cookinglobster.htm>

Coffee Glazed Campfire Spareribs

Servings: 8

Ingredients:

Spareribs:

1 Tbsp salt

1 Tbsp coarsely ground pepper

1 tsp sugar

1 tsp cinnamon

1 tsp ground allspice

3 pork sparerib racks, cut into 3-rib sections

2 cups freshly brewed coffee

2/3 cup cider vinegar

Glaze:

3 Tbsp ground chicory

6 Tbsp corn oil

1 lrg onion, minced

2 garlic cloves, pressed

2 Tbsp chili powder

1 Tbsp brown sugar

1/2 tsp cinnamon

1/2 tsp ground allspice

1/2 tsp ground ginger

1 1/2 cups chili sauce, bottled

1 cup freshly brewed coffee

1/3 cup unsulfured light molasses

3 Tbsp Worcestershire sauce

1/2 tsp liquid smoke flavoring

salt

For the glaze:

Grind chicory to powder in processor. Heat oil in heavy large saucepan over medium-high heat. Add onion. Sauté until palely golden, about 5 minutes. Add garlic. Sauté 2 minutes more. Add 1/3 of the chicory (reserve the remainder for ribs), chili powder, sugar, cinnamon, allspice and ginger. Cook 3 minutes to blend flavors, stirring occasionally. Add chili sauce, coffee, molasses, Worcestershire and liquid smoke. Cook mixture over medium-low heat until thick and glossy, stirring occasionally, about 30 minutes. Season with salt.

Glaze can be prepared one day ahead. Cover tightly and refrigerate.

Before using, stir over low heat until heated through.

For ribs:

Combine first 5 ingredients in small bowl. Mix in chicory reserved from glaze. Sprinkle mixture over both sides of ribs. Cover and let stand 45 minutes at room temperature. Prepare barbecue grill (medium-high heat). Combine coffee and vinegar in small bowl. Place ribs on grill and sear 5 minutes per side. Brush with some of the coffee-vinegar mixture. Cover with grill lid or heavy-duty foil. Cook until meat is almost tender, brushing occasionally, with coffee-vinegar mixture and turning occasionally, about 25 minutes. Brush some of glaze over ribs. Grill until meat is tender, about 5 minutes more. Arrange on platter. Serve with remaining glaze.

CHOW MIEN

You can use chicken, beef, and pork, shrimp, scallops ETC.

You will need...

Celery Thin sliced at slant

Carrots Diced or sliced at slant

Bean sprouts

Onion cut so each piece is square

Chopped green onions for decoration

Salt

White pepper

Garlic powder

Sugar

Cornstarch water

Chicken broth fresh or canned

Place a spoon of oil in a wok or fry pan and heat. If you use uncooked meat add first and cook. Then add your vegetables and stir so they don't stick or burn add salt, pepper, sugar, and garlic powder mix well. Add a broth but not too much just enough to cover the bottom of the pan or wok cover and steam. Then add your cornstarch water to thicken mix well and serve on a bed of crunchy noodle.

Top with chopped green onions.....Enjoy

Chinese dipping sauce

This is a simple sauce to make and can be used for other things as Ff.'s or as a glaze on your meat loaf

You will need...

Ketchup

Sugar to taste

Hot mustard powder (Chinese)

Sesame seeds for decoration.

Put mustard powder in a small bowl (about a ½ a teaspoon)

And mix with drops of water...you want a kind of thick consistency mix well you want get work out any lumps.

In another bowl add ketchup, sugar, and hot mustard mix

Mix well.

Depending on your presentation, place red sauce in small serving bowl put a small spoon on hot mustard on top of and to the side of red sauce places a few sesame seeds on the other and serve.

Enjoy.

Chinese BBQ chicken

Use the marinade recipe from the BBQ ribs. But omit the rice wine or pale sherry, and add a few drops of Carmel color and some red food color #25 or darker. This will give a nice red color when cooking this on your grill.

You will need the following:

Chicken pieces

Marinade sauce

Carmel color

Red food color #25 or darker

In a large pot cook chicken in water until white on inside and out.

But don't over cook or it will fall of the bone.

When chicken is done add to marinade and mix then put on your hot grill, and cook turning often so the marinade won't scorch then with a BBQ brush add more marinade and cook until the marinade is glazed in texture. Serve with some Chinese dipping sauce also found on the bottom of the BBQ rib page. Enjoy!

COLLECTION - chicken wing recipes

1) Buffalo wings 2) Buffalo wings 3) James' world's hottest wings 4) Buffalo chicken wings 5) Janice Okun's Buffalo chicken wings 6) Oriental hot wings 7) Modified Buffalo wings 8) Real (Anchor Bar) Buffalo wings 9) Buffalo chicken wings 10) Hawaiian chicken wings 11) World's best Buffalo wings 12) Buffalo wings 13) Buffalo wings 14) Buffalo chicken snacks

* * * Buffalo Wings

2 lb. Chicken Wings 1/4 cup Margarine (not butter) 1/2 cup Durkee's Louisiana Hot Sauce (used to be Frank's)

Heat cooking oil in a deep fryer to 375 F. Cut each wing into 3 pieces and discard the wingtips. Do not remove the skin from the wings. Fry them for 12 - 15 minutes in small enough batches that the oil temp won't drop below 325 F. My deep fryer will handle 2 lb at a time. I usually put the "drumettes" in first because they take slightly longer to cook; then I add the other pieces after the drumettes have cooked for about 1 minute. They're cooked when the bubbles slow down and the wing pieces are all floating. Agitate the pieces occasionally during frying so they don't stick together.

While the wings are frying, put the margarine and sauce in a small saucepan or skillet and heat it on low. Bring the mixture to a simmer, stirring occasionally. When the wings are done, remove them from the oil and drain. Place the wing pieces in a plastic bowl with a tight fitting lid (I use a Tupperware container) and pour the hot sauce mixture over the wing pieces. Put the lid on the plastic container and shake it well, thoroughly coating the wing pieces with sauce. Remove the wing pieces from the sauce, allowing excess sauce to drain off of them. I use a pair of tongs and shake the excess sauce off before putting them on a serving platter. They can be eaten hot, cold, or room temperature.

Serves 2 - 4 * * *

BUFFALO WINGS

The Sauce- This makes enough for about 48 "wingettes"

MEDIUM HEAT ----- 6 Tablespoons (3 oz.) of Louisiana Hot Sauce 1/2 stick of margarine (not butter!) 1/2 to 1 Tablespoon of white vinegar 1/4 jar (3 oz.) of Nancy's Chicken Wing Sauce (Medium) 1/4 teaspoon of Worcestershire Sauce 1 to 2 teaspoons of Tabasco Sauce 1/8 teaspoon of Celery seed powder 1/4 teaspoon of Red Pepper 1/8 to 1/4 teaspoon of Cayenne Pepper 1/8 teaspoon of Garlic Salt Dash of Black Pepper

Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally.

HOT ----- 6 Tablespoons (3 oz.) of Louisiana Hot Sauce 1/2 stick of margarine (not butter!) 1/2 to 1 Tablespoon of white vinegar 1/4 jar (3 oz.) of Nancy's Chicken Wing Sauce (Hot) 1 to 2 Tablespoons Melinda's extra hot sauce (Original Habanero Pepper Sauce) 800-748-2861 Old SW Trading Co 1/4 teaspoon of Worcestershire Sauce 1 to 2 teaspoons of Tabasco Sauce 1/8 teaspoon of Celery seed powder 1/4 teaspoon of Red Pepper 1/4 teaspoon of Cayenne Pepper 1/4 teaspoon of Habanero molido (powder) 800-748-2861 Old SW Trading Co 1/8 teaspoon of Garlic Salt Dash of Black Pepper

Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally.

The Wings -----

Fry the wings in a deep fryer set at 360 degrees F., using vegetable oil. My outdoor cast iron kettle type deep fryer w/1 gallon of oil will do 24 wingettes in 8 minutes. 30 in 10 minutes. Hotter oil for 8 minutes= crispier. Hotter oil for 10 minutes = crispier and dry inside. Your mileage may vary! With the basket and cooking thermometer in the hot oil, @360 degrees I drop in one wing at a time. If the count stops at 24 I then set the timer for 8 minutes. Every couple minutes

toss the basket contents to redistribute. The above method of loading the basket eliminates the wings from sticking to the basket. IMHO

Drain the wings for a minute then put them in a bowl. Pour the sauce over them, cover the bowl, and shake to completely coat the wings. Watch how they do it at Hooters!

Serve with carrot and celery sticks, Marie's Blue Cheese Dressing, and cold beer.

* * *

James' World's Hottest Wings!

Caution: The fumes from preparing this will make it difficult to breathe! Don't attempt to eat with an ulcer.

2 Lbs Chicken Wings cut up Buffalo style 6 whole sorano chili peppers 6 whole red chili peppers 10 whole jalapeno peppers 2 cups white wine 1 Bottle Tabasco Sauce 1/2 Bottle Worcestershire sauce 10 Tablespoons Cayenne pepper 10 Tablespoons Durkee red-hot sauce 1 Tablespoon salt 3 Tablespoons pepper 1/2 Cup Vinegar 1 Fire Extinguisher (Optional....)

In a blender, carefully puree the peppers, wine, vinegar and all spices. Caution, the fumes are deadly and wear rubber gloves or your fingers will burn! Put the puree into a bowl and marinate the wings in the bowl in the fridge for 5 days.

After 5 days, carefully remove the wings and broil them until cooked. Usually approx 15 mins (+/- 5 mins). Take the marinade, put it on the stove, add 1/4 cup sugar and heat to a boil. reduce until thick. Pour over wings and re-broil for about 5 more minutes, serve with soda water for maximum heat effect but keep plenty of ice water handy.

* * *

Buffalo Chicken Wings Yield: 8 servings

Seasoning Mix (Makes 2 tablespoons plus 1 3/4 teaspoons) 2 teaspoons salt 2 teaspoons paprika (mild, or Hungarian hot paprika) 1 teaspoon cayenne pepper 1 teaspoon onion powder 1 teaspoon garlic powder 3/4 teaspoon white pepper 10 tablespoons (1 1/4 sticks) unsalted butter, in all 1 tablespoon plus 1 teaspoon Tabasco sauce, in all 24 chicken wings, tips removed, room temperature 2 cups vegetable oil Blue Cheese Dressing (recipe follows) Celery sticks (optional) Thoroughly combine the seasoning mix ingredients in a small bowl.

Melt 5 tablespoons of the butter with 2 teaspoons of the Tabasco sauce in a small saucepan over low heat. Pour into a small shallow bowl or pie plate, and let cool slightly.

Put the chicken wings into a large bowl and coat well with 2 tablespoons of the seasoning mix. Add the butter/Tabasco mixture and work in well with your hands until chicken is completely coated and seasonings are well distributed. (Make sure the chicken wings are at room temperature; otherwise, the seasoning mixture will congeal and you'll have a mess of gunk that won't stick well to the chicken.) Set aside to marinate (for up to 30 minutes, covered) and heat the oil. Heat the oil in a large heavy skillet over high heat until it is very hot. Add the chicken wings, fitting in as many as there is room for in a single layer. Fry until crisp and golden brown, about 8 to 12 minutes, turning several times. Drain on paper towels. Repeat with the remaining wings.

Meanwhile, make a sauce to finish the wings by melting the remaining butter and adding the remaining Tabasco and seasoning mix. Dip the cooked wings into the finishing sauce and place on a serving platter. Serve with the Blue Cheese Dressing and celery sticks, if desired.

Blue Cheese Dressing

2 eggs 1 tablespoon fresh lemon juice 1 tablespoon apple cider vinegar 1/4 cup chopped onions 1/4 cup chopped celery 1/2 teaspoon salt 1/2 teaspoon white pepper 1/8 teaspoon cayenne pepper 1/2 teaspoon minced fresh garlic 1

teaspoon Worcestershire sauce 2 cups vegetable oil 1/2 cup crumbled blue cheese

Put everything but the oil and blue cheese into a blender or food processor and process for 15 to 20 seconds. Continue to process, adding the oil slowly in a thin stream. When oil has been added, process for an additional 45 seconds, or until well thickened. Add the cheese and mix well. Refrigerate until ready to use.

* * *

Janice Okun's Buffalo Chicken Wings

24 chicken wings, about four pounds Salt, if desired Freshly ground pepper 4 cups peanut, vegetable, or corn oil 4 tsp butter 2 - 5 Tbs (one 2-1/2 ounce bottle) Frank's Louisiana Red Hot Sauce 1 Tbs white vinegar Blue-cheese dressing (see recipe) Celery sticks

1. Cut off and discard the small tip of each wing. Cut the main wing bone and second at the joint. Sprinkle the wings with salt, if desired, and pepper to taste. 2. Heat the oil in a deep-fat fryer or large casserole. When it is quite hot, add half of the wings and cook about 10 minutes, stirring occasionally. When the wings are golden brown and crisp, remove them and drain well. 3. Add the remaining wings and cook about 10 minutes or until golden brown and crisp. Drain well. 4. Melt the butter in a saucepan and add two to five tablespoons of the hot sauce and vinegar. Put the chicken wings on a warm platter and pour the butter mixture over them. Serve with blue-cheese dressing and celery sticks.

Yield: Four to six servings.

Blue-cheese dressing

1 cup homemade mayonnaise (see recipe) 2 Tbs finely chopped onion 1 tsp finely minced garlic 1/4 C finely chopped parsley 1/2 C sour cream 1 Tbs lemon juice 1 Tbs white vinegar 1/4 C crumbled blue cheese Salt to taste, if desired Freshly ground pepper to taste Cayenne pepper to taste

1. Combine all of the ingredients in a mixing bowl. 2. Chill for an hour or longer. Yield: About two and one-half cups.

Mayonnaise

1 egg yolk Salt, if desired Freshly ground pepper .. 1 tsp imported mustard, such as Dijon or Dusseldorf 1 tsp vinegar or lemon juice 1 C peanut, vegetable, or olive oil.

1. Place the yolk in a mixing bowl and add salt, if desired, and pepper to taste, mustard, and vinegar or lemon juice. Beat vigorously for a second or two with a wire whisk or electric beater. 2. Start adding the oil gradually, beating continuously with the whisk or electric beater. Continue beating and adding oil until all of it is used. Yield: About one cup.

* * *

Oriental Hot Wings -----

Combine the following ingredients to make a marinade:

1 cup soy sauce 1/2 cup sugar 1/4 cup sesame seeds 1 tbsp cayenne pepper

Cut 2-3 lbs of wings into 3 pieces. Discard the wingtips and marinate the remaining pieces for at least 30 minutes. Agitate the pieces occasionally while they are marinating.

Cover a cookie pan with foil and, using tongs, place the marinated wing pieces on it. I suggest using a cookie PAN, as opposed to a sheet, because the sides will insure that none of the marinade mixture drips off the edge and screws up your oven. There should be a slight separation between each individual piece so they don't stick together.

Cook for one hour at 350 F, turning the wing pieces every 10 minutes. If you want them to come out nice and even, you need to turn them individually with a pair of tongs. If you don't turn them, they'll stick and burn on one side.

After they are done, let stand for at least 20 minutes. Serve hot or at room temperature.

Steve's wing sauce:

1/2 cup Durkee Red Hot (used to be Franks Louisiana hot sauce) 1.5 Tb honey 1 Tb butter 1 Tb white wine vinegar 1 Tb lemon juice .5 tsp cayenne pepper .5 tsp tabasco

Put all ingredients in a sauce pan and simmer on low temp until everything is mixed well/melted. Simmer on low for another 5-10 minutes to let the flavors blend and the sauce darken a little.

When the wings are cooked, put them in a bowl and pour the sauce over them. The sauce should cover a couple pounds of wings. Stir to coat.

* * *

MODIFIED BUFFALO WINGS -----

2 tbsp butter (or margarine) 1 bottle Louisiana hot sauce (I think this is an 8 oz bottle I can't remember exactly) juice of 1 lime (or two to taste) celery blue cheese dressing (the chunky kind works best, I use Marie's)

Put butter, hot sauce and lime into a sauce pan. Bring to a VERY slow boil then reduce the heat to low and simmer for 30 minutes. This will help to reduce the sauce a bit and it will take some of the heat out of the hot sauce. The lime adds a little flavor and gives the sauce some body. The citrus increases the bite but the lime flavor really enhances the overall taste. The butter adds a little flavor but it isn't enough to make the wings slip out of your hands.

Lightly flour the wings and deep fry (just make sure that the wings are crispy and FULLY cooked, no trips to the hospital please!!)

Celery and blue cheese dressing are a must... Buy extra so that your guests can nibble as they watch you deep fry the chicken.

* * *

Real Buffalo Wings ----- Well I'll give the REAL "ORIGINAL" anchor bar recipe for Buffalo Wings. The anchor bar is the birthplace of Buffalo wings. I'll warn you that I'm not a great cook and never follow a recipe.

- 1) mix flour and cayenne pepper and toss the mix into a bag.
- 2) dump a couple of bottles of tabasco sauce in a plastic bag.
- 3) dump some vinegar (the good kind that gets your wife mad when you use it) into a bowl.
- 4) dip the wings in the vinegar
- 5) shake them in the flour mix (you want a light dusting)
- 6) toss them in the tabasco (get lots on em)
- 7) deep fry until done
- 8) serve with blue cheese dressing (very cold), celery, carrots.

* if they are not quite hot enough add more pepper or dump the juice from a couple bottles of hot sauce (sp?) in with the tabasco.

Buffalo Chicken Salad

Marinate a few boneless chicken breasts in Durkee's Red Hot Sauce (I swear by the stuff at work, I should have known it was the best for Buffalo Wings - it is great in Crab Dip, too) and a little olive oil, lemon juice, salt and pepper. I like to let the chicken sit overnight so that it soaks up the true flavor of the Durkee's. Bake off the chicken at 350 until cooked through, and no pink shows. Let cool and tear into pieces, drizzling more Durkee's if the flavor is not enough. Then I just toss it with chopped celery, and homemade blue cheese dressing. The dressing certainly does not have a recipe (We really don't use recipes in catering)- basically it is Mayo, Sour Cream, Chopped Green onion, salt, pepper, lemon juice, and crumbled blue cheese - Saga Blue usually. The secret is to let the blue cheese set in the fridge at least overnight.

* * *

Buffalo Chicken Wings

MEDIUM

2 lbs disjointed chicken wings 1 gallon vegetable oil 1/4 lb margarine (melted)
1/8 tsp garlic powder 8 oz. cayenne pepper sauce (For HOT: 8 oz. more sauce;
For SUICIDE: 8 oz. more sauce, 1 cu. diced jalapenos, and 1 tsp cayenne
pepper powder)

Deep fry wings in oil for about 25 minutes at 375F; make sure wings remain
separated.

Put melted margarine in bowl and add garlic powder and cayenne pepper sauce
(plus jalapenos and cayenne powder for Suicide wings).

Place cooked wings in large pan, add sauce, cover and shake.

Blue Cheese Dip

4 oz. crumbly blue cheese 4 oz. sour cream 4 oz. mayonnaise 1/8 tsp garlic
powder 1/8 tsp onion powder

Mix ingredients and refrigerate 1/2 hour before serving.

* * *

Hawaiian Chicken Wings

1/4 cup butter or margarine 1/2 cup tomato ketchup 1 clove garlic, minced 3 lbs
chicken wings, tips removed 1 cup fine dry bread crumbs 1 (14 oz/398mL can)
pinapple chunks 2 Tbsp brown sugar 1 Tbsp minced fresh ginger (I use a
teaspoon of dry) 1 Tbsp Worcestershire sauce Dash Hot pepper sauce (Tobasco)

Melt butter in shallow baking pan in 400F oven. Stir together ketchup and
garlic; brush over wings, then roll wings in bread crumbs to coat evenly. Place
in pan, turning to coat lightly with butter and bake for 30 minutes. Meanwhile,
drain pinapple, reserving juice in 2-cup measure; add water to make 3/4 cup
liquid. Stir in brown sugar, ginger, Worcestershir sauce and hot pepper sauce.
After wings have cooked 30 minutes, turn and pour on sauce; bake about 20 to
30 minutes longer or until chicken is tender, adding pinapple for last 5 minutes.
Care should be taken to ensure wings ar lightly browned. Makes about 4
servings.

* * *

From: "Herzoff, Laura" <Herzoff@bdrc.bd.com> Subject: World's Best Buffalo
Wings Date: 4 Apr 1995

This is my favorite wing recipe: (the reason is because they are baked not fried
) 8-10 wings- when cut 16 total 4 -8 oz Texas Pete hot sauce (depending on
how hot you like them) 1/3 stick butter 1 cup flour 1 tsp. garlic powder 1 tsp.
black pepper 1/2 tsp. salt

Cut wings in half at the joint. Place flour, salt, pepper, garlic in a large zip loc
bag. Add wings and seal and shake. Place wings on a non stick cookie sheet,
use pam if you like. Bake for 45 minutes at 375. After 45 minutes they should
be very crispy and brown, if not let them stay in until they are (no longer than 1
hour - unless you like jerky wings!!). While chicken is baking, place Texas Pete
in a sauce pan with butter an heat until butter is melted. When the wings are
done place in a tupper ware just big enough to hold all of them. Pour the hot
sauce over and seal and shake. Remove from plastic container and serve with
ranch dressing. This recipe cuts the fat in half but not the taste!!

* * * * * From: Melissa.Bruce@eng.sun.com (Melissa Bruce)

Subject: Buffalo wings Date: 3 Jun 1994 17:52:41 GMT

Buffalo Wings

6 T. unsalted butter 3-4 T. Chinese chili paste with garlic (available at oriental
markets; the Lan Chee brand is my favorite). 3-4 T. apple cider vinegar 1 T.
ketchup 20 chicken wings

Disjoint wings and discard tips or save for soup stock. Rinse chicken pieces and
pat dry. Place in a single layer (not touching) and broil at about 375 degrees,

turning as necessary until crispy and brown. (I have a large broiler pan that will hold half of the wing pieces comfortably. I cook the "drummettes" first and then the other part of the wing - is there a name for these? - so that they cook more evenly). As they finish cooking, transfer to a cookie sheet in the lower portion of the oven to keep warm.

While the wings are cooking, melt the butter over low heat in a large frying or other pan. Add the chili paste, vinegar, and ketchup and stir well. Taste the sauce and add more chili paste and/or vinegar to suit your taste. If it will be a while before the wings are cooked, turn off the heat under the pan and re-heat (stirring well) shortly before the wings are finished.

Once all the wings are cooked, transfer them a few at a time to the pan with the sauce, turning them or spooning sauce over to coat. Transfer coated wings to a serving bowl and continue to coat the rest of the wings with sauce.

Serve at once with celery sticks and blue cheese or ranch dressing. * * * * *

From: stevew@rb-csd.sandiegoca.ncr.com Subject: Buffalo Wings

Organization: Taronga Park BBS

This is a wing recipe from a guy who used to cook wings for a living in Buffalo.

Get some Durkee's Frank's Original Red Hot Cayenne Pepper Sauce, there is "no" adequate substitute, you may have to ask your grocer to order it, or call Durkee/French's at 714-526-3363. If it's the little bottles, get two or three of them, I get the gallon jug from a restaurant supply place, cheap! It used to be called Frank's Red Hot Pepper Sauce, then it was Durkee's Louisiana Hot Sauce, but there already was a brand name Louisiana Hot Sauce. Still tastes the same!

Acquire some margarine. Only margarine works right (correct taste and resistance to burning). Neither oil nor butter will substitute.

Get the wings cut up, and start heating up the frying grease. Some revisionist (or health-conscious) types insist on other cooking methods, but there is nothing like the real crisp-on-the-outside moist -and-chewy-on-the-inside texture of fried wings.

Make up the sauce. Put the Durkee's and margarine into a skillet or saute pan big enough to comfortably hold one fryer-load of wings. The total amount of sauce at once should be about a quarter of an inch in the bottom of the pan.

The proportions are:

Equal parts is the nominal starting point (called "medium" in Buffalo). A bit of tingle, but not very spicy.

Undiluted Durkee's doesn't taste as good, but is pretty hot. Three to one, Durkee's to margarine is about as hot as I like it.

For the really timid (like kids) just a splash of Durkee's in the margarine gives a little flavor but no noticeable hot. The idea is to cook up the Durkee's and margarine to a bit thicker consistency. It should simmer for 5 minutes or so, then be kept hot.

You can make up just one batch of sauce for a bunch of wings. You can just add more ingredients to the pan as you use up the sauce. When you add more ingredients, you can adjust the spiciness.

I use this to satisfy everybody, I start out with all the margarine I plan to use, and put in just a splash of Durkee's. That makes a few wings for the kids. Then a bunch more Durkee's to make the wings medium. Still more Durkee's to get it the way I like it.

Fry the wings. They're cooked when the bubbles slow down significantly. This takes seeing it once to know just how much bubbling corresponds to "done," but it doesn't take a rocket scientist to get it right. At home, I put the "drummettes" in

first, because they take a minute or two longer to cook. As always with frying, be sure that you don't put in so much food that the temperature of the fat drops below 325 or so, and have the heat on so it gets back up to 375 ASAP. As the wings finish cooking, take them out and drain thoroughly. I generally put them in a strainer held over the fat. Don't pile them up in a bowl, or the fat will cool and congeal before it runs off!

Once the wings are drained, put them in the sauce and get the wings covered with sauce. The official restaurant way to do this is to toss them in the air, but your stove cleaner may not appreciate this.

Use tongs to pick the wings out of the pan and let the sauce drain off. Toss the wings on a grill or in a hot oven for a few minutes at this point to "bake on" the sauce.

Serve with celery sticks and blue cheese dressing on the side. Yes, the BCD *is* for the wings! But make sure it is good BCD, with nice chunks of good cheese. (One of the sadder realizations of my growing up is that there are some things you just can't get, restaurants get a special Kraft dressing that comes only in five-gallon containers that must be continuously refrigerated. Great stuff, not available to you and me.)

***** From: "Rita M. Motor" <rm6v+@andrew.cmu.edu>

Subject: Buffalo Chicken Snacks Organization: Taronga Park BBS Date: Mon, 13 Sep 1993

Last Friday I submitted a request for lower-fat 'buffalo' style chicken finger recipe I saw in a magazine, since I misplaced the recipe and have been wanting to try it. I found it that evening (of course! :-), so I am posting it. Unfortunately, I haven't been able to try this recipe since I just found it (which is why I posted the request in the first place :-). I'm posting all information that was included in the recipe, including prep time, calories, comments, etc.

Buffalo Chicken Snacks (from Woman's Day 1/12/93 magazine) -----

Prep: (including standing time) 45 min Broil: 5 min Cost per Serving: \$1.18

"Buffalo chicken wings are a killer. Wings are deep-fried, tossed with a butter-based hot sauce and served with a mayonnaise/blue-cheese dip. Here, chicken breasts are spiced up, broiled and served with a low-fat dip."

The Breakdown: Before After Calories 300 (69% from fat) 97 (9% from fat) Fat (grams) 23 1

Ingredients ----- 6 boneless, skinless chicken-breast halves (about 1-1/2 pounds) Twenty-four (24) 6-inch wooden skewers 3 Tablespoons extra-light vegetable-oil spread (like Promise Extra Light) 1 Tablespoon EACH hot paprika and hot-pepper sauce 1/4 teaspoon garlic powder

Blue Cheese Dip ingredients ----- 3/4 cup nonfat cottage cheese 1/4 cup water 1/4 teaspoon onion powder 1/4 cup crumbled blue cheese (1 ounce)

Accompaniments: jimcama, celery and carrot sticks

Directions: ----- 1. Place chicken breasts on a cutting board so the tubular fillet (along outer edge of each breast half) faces up. Pull the fillet from each breast. Cut each breast lengthwise into thirds. (When you're done, you'll have 24 strips - including fillets.)

2. Thread chicken on skewers. Wrap exposed ends of skewers with foil.

Arrange chicken on a broiler rack.

3. Melt spread in a small saucepan over low heat. Stir in paprika, hot-pepper sauce and garlic powder. Brush al over chicken. Let stand 30 minutes.

4. Meanwhile, put all dressing ingredients except 2 tablespoons of the blue cheese in a blender or food processor. Blend until smooth, scraping down sides of container once or twice as necessary. Stir in remaining blud cheese.

5. Turn broiler to high. Broil chicken 4 inches from heat source 5 mins, turning once. Remove foil from skewers. Arrange chicken on a platter. Serve with Blue-Cheese Dip and vegetable sticks

o serves 12 as a snack. Per serving with 1 tablespoon dressing: 97 cal, 15 g protein, 3 g carb., 1 g fat, 36 mg cholesterol, 165 mg sodium. MMMMM-----
Recipe via Meal-Master (tm) v8.02

Title: Buffalo Chicken Wings with Blue Cheese Dippin Categories: Appetizers, Poultry Yield: 36 servings

10 x Minutes preparation time 35 x Minutes cook time

CHICKEN WINGS----- 6 tb Butter 1/4 c Hot pepper sauce
Vegetable oil; for frying 18 Chicken wings (about 3lb) -disjointed with tips discarded

BLUE CHEESE DIPPING SAUCE----- 1/4 lb Blue cheese;
roquefort or -gorgonzola 1/2 c Mayonnaise 1/2 c Sour cream 1 tb Lemon juice 1 tb Wine vinegar ds Hot pepper sauce

1. Melt butter in a small saucepan. Add hot sauce and remove from heat.

2. In large frying pan or deep-fat fryer, heat 1 inch of oil to 375F. Fry wings in batches without crowding until golden brown, 10 to 15 minutes. Drain on paper towels.

3. Brush wings with spicy butter and serve warm, with blue cheese dipping sauce.

Sauce:

In a small bowl, mash the blue cheese, leaving some clumps. Whisk in the mayonnaise until blended. Add remaining ingredients and whisk to blend well. Cover and refrigerate until serving time.

From: 365 Ways to Cook Chicken Collected from the Int'l Fido Cooking Echoes

Title: Peppery Chicken Wings Categories: Chicken Yield: 4 servings

4 lb Chicken wings 2 ts Balsamic vinegar 2 ts Olive oil 2 tb Hot pepper sauce
Salt and pepper to taste

Preheat oven to 500F. Lightly oil a large rimmed baking sheet and spread chicken wings out on it. Drizzle with the balsamic vinegar and olive oil and toss lightly. Pour the hot pepper sauce over the wings, season with salt and pepper, and toss again. Roast wings for about 30 minutes on the top shelf of the oven until well browned and crisp. Serve warm.

Food and Wine June 1995

From: Diane Lazarus Date: 06/09/95

Title: Hogan's Nuclear Chicken Wings Categories: Poultry, Appetizers Yield: 2 servings

24 ea Chicken Wings, Separated 2 tb Vegetable Oil 1/4 ts Garlic Powder 3 tb Habanero Sauce 3 tb Tabasco Sauce Ground Red Pepper to taste 1 tb White Vinegar 1/4 c Brown Sugar 1 c Bleu Cheese Salad Dressing Leaf Lettuce for platter

These chicken wings are quite easy to prepare. Adjust the amount of Tabasco sauce and Habanero sauce to your own tastes. I recommend though that you just cool them by dipping them in the bleu cheese salad dressing rather than decreasing the hot sauces.

* Preheat oven to 375oF. * In a medium sized mixing bowl combine vegetable oil, garlic powder, Tabasco sauce, habanero sauce, vinegar and brown sugar. * Separate tips from wings. * Place tips and wings on cookie sheet(s). * Using a pastry brush, coat the wings with the sauce mixture. * Sprinkle ground red pepper over wings and tips. * Bake wings for 15 to 20 minutes or until browning has occurred. * Arrange wings on leaf lettuce and serve with your

favorite beverage. * Dip wings in bleu cheese salad dressing for some cooling affect.

NOTE: These wings can also be cooked on the barbeque. Wings should be grilled for the same amount of time over medium high heat coals.

CAST IRON

THE CARE AND FEEDING OF CAST IRON UTENSILS

First used some 4,000 years ago, cast iron for cookware and bakeware is extremely durable. It resists warping, denting and chipping. Cast iron absorbs heat slowly and distributes it evenly, holding the heat long after the pot has been removed from the stove. This quality can be used to maximum benefit in baking, browning and frying all types of food. Generally, cast iron should not be used for delicate sauces, and it is best used for cooking with little or no water. It is **great** for stews.

The surface of cast iron is porous, with microscopic jagged peaks. The seasoning process fills the cavities and rounds off the peaks, making the surface smoother, and helping to keep food from sticking to the pan. Seasoning seals the pan against water, prevents it from imparting a metallic taste to food, and blocks rusting.

TO SEASON: use a light, blended vegetable oil or vegetable shortening. Safflower and corn oils will leave sticky residues. With a pastry brush or a paper towel, coat the pan thoroughly and evenly, inside and out. Wipe off the excess oil. Lay the pan upside down in a moderate oven (350 degrees) for one hour. Silicone-treated pans should be greased with shortening and heated in a 250 degree oven for one half hour.

Frying pans can also be seasoned on the stove top by coating the interior with oil and heating until just starting to smoke. Let cook, wipe out the excess oil, and repeat the process.

With continued use, pans will blacken, becoming further seasoned and losing the natural gray color of raw cast iron. It is important to maintain this seasoned surface **BY CLEANING PANS ***ONLY*** WITH PLAIN, SOAPY WATER - OR EVEN WATER ALONE!** Detergents, abrasives and dishwashers will damage the patina. Exposure to moisture during storage may rust iron pans. If this occurs, or if food begins to stick (as a result of a damaged patina), scrub the pan well, using steel wool if necessary to clean it thoroughly. Then re-season the pan.

Enameled Cast Iron provides all the heat-conducting virtues of iron, but does not require seasoning. The enameled surface will not interact with any type of food or impart any flavor to the most delicate of sauces. **CARE MUST BE TAKEN NOT TO OVERHEAT AN EMPTY PAN. THE ENAMELED SURFACE CAN CRAZE AND CHIP!**

Interiors are most often a light tan-colored enamel (with the exception of frying pans coated black to promote rapid browning). Pans will gradually darken with use, which does not affect their performance in the least. Trying to restore the original color may do more harm than good. Bleach or any cleanser containing bleach will etch the smooth surface of the enamel, making it even **MORE** susceptible to discoloration. Once you start bleaching you force continued bleaching, which ends eventually in no enamel at all. Only a very mild powder cleanser or baking soda is safe to use. One of the safest scouring products is plain salt.

Never use abrasives (other than baking soda, salt or the very mildest of powdered cleansers). Do **NOT** put cast iron dishware into the dishwasher. Dry your pots and pans thoroughly in the oven before storing in a dry place. Make sure your storage place **IS** dry. If the seasoned surface is rubbed off or broken (rust showing through in spots) re-season ***IMMEDIATELY***.

Clean enameled cast iron with a soft pad or a natural bristle brush. If there is food stuck to the pan, it can be left to soak and then

gently scrubbed with a NYLON sponge. NEVER USE STEEL WOOL OR ABRASIVES ON AN ENAMEL PAN! NEVER!

If all else fails to clean off burnt-on food, fill the utensil with water, and add a mild liquid dishwashing detergent, like liquid Palmolive Green, and simmer it for a while on the stovetop, then pour out the water and rinse with HOT water. Be very careful not to change temperatures radically or swiftly by rinsing with cold water after the pan has just been heated. Changes of temperature should occur gradually.

More info

It's been a long time since I did it but, from memory, here goes:

- (1) Wash the pan in hot, soapy water and dry well.
- (2) Heat the oven to 250F or so.
- (3) Film the pan with oil (I used corn oil but now might use canola).
- (4) Put the pan in the oven. Let stand for an hour or so but check the pan every 20 minutes or so to make sure the oil is not "congealing" and that the oil covers the pan.
- (5) Remove from the oven and remove remaining oil with paper towels.
- (6) Let the pan cool to room temperature.

Repeat steps 2 to 6 if you feel it necessary. The pans I use for omelettes or frittata are never washed with water but scrubbed with salt and a dry cloth to remove any small stickings. My other pan is washed - but never scoured - and occasionally seasoned again.

..Charles

Michael,

I can't speak for anyone else's suggestions, but here's the directions from Lodge Manufacturing Company. They're the company who manufactured my cast iron dutch oven as well as my skillet.

1. Wash, rinse and dry thoroughly. Use mild, soapy water (NEVER use an abrasive detergent) and a stiff brush.
2. Grease cookware with a thin coating of solid vegetable shortening (I used Crisco). Do not use salted fat (margarine or butter). Warm utensil and then spread shortening over entire surface with cloth or paper towel. Be certain that the entire surface of the utensil, including all corners, has been coated thoroughly.
3. Place utensil in oven and heat to 300 - 350 degrees for 30 - 60 minutes. Remove from oven while warm, pour out excess grease and wipe with paper towel. This completes the seasoning process.
4. Each time the utensil is used, coat the entire cooking surface with a thin coat of solid vegetable shortening, wipe with paper towel and store.
5. Care For Your Cast Iron Cookware:

Wash with mild dishwashing liquid. Rinse and dry thoroughly. Never scour or use a dishwasher. You may wish to use a plastic bun to remove stubborn food particles.

We suggest you cook food with little water content the first few times you use your cast iron. Avoid cooking acidic foods, e.g. tomatoes, unless combined with other foods. Uncover hot foods when you remove from heat (steam may remove protective coating).

Cast iron cookware will turn black with use. The pores of the iron will be sealed, providing a durable coating that helps to prevent sticking.

Rust, metallic taste or discolored foods are signs of improper or inadequate seasoning or may result from cooking acidic foods. If this occurs, wash thoroughly and reseason.

Since cast iron heats evenly, you will not need to use extremely high cooking temperatures. Best results are obtained with medium to medium-high setting on range or in oven. Do not overheat or leave empty utensil on burner or in heated oven. Never place utensil on an already-heated burner.

Well Michael, there it is. I followed these directions to the letter and have had excellent results.

Bon Appetit,

Don

CAMPFIRE STEAKS

Recipe Courtesy of Emeril Lagasse

2 (10 ounce) rib eye steaks

1 tablespoon olive oil

2 tablespoons Essence

2 cedar planks

2 cups julienne trinity,(mixture of chopped green pepper, onion and celery)

Salt and pepper

For the Remoulade:

1 cup prepared or homemade mayonnaise

1/4 cup ketchup

2 tablespoons minced shallots

1 tablespoon minced garlic

3 tablespoons minced celery

3 tablespoons chopped green onions

3 tablespoons Creole mustard

2 tablespoons chopped parsley

Essence

Preheat the oven to 400 degrees F. Season each steak with olive oil and Essence. In a smoking hot sauté pan, sear the steaks for 1 minute on each side. Place the steak on the cedar plank and top with 1 cup of the trinity. Season with salt and pepper. Place in the oven and roast for 5 to 6 minutes for rare to medium-rare. Make the remoulade: In a sauce pan, combine all the ingredients together and mix till smooth. Bring the sauce up to a simmer. Remove the steaks from the oven and place on plates. Drizzle warm remoulade over the steaks. Garnish with chopped parsley and Essence.

Prep Time: 20 minutes

Cooking Time: 10 minutes

Difficulty: Easy

=====

PAN SEARED RIB EYE

Recipe courtesy Alton Brown

1 boneless rib eye steak, 1 1/2-inch thick

Canola oil to coat

Kosher salt and ground black pepper

Place 10 to 12-inch cast iron skillet in oven and heat oven to 500 degrees. Bring steak(s) to room temperature.

When oven reaches temperature, remove pan and place on range over high heat. Coat steak lightly with oil and season both sides with a generous pinch of salt. Grind on black pepper to taste.

Immediately place steak in the middle of hot, dry pan. Cook 30 seconds without moving. Turn with tongs and cook another 30 seconds, then put the pan straight into the oven for 2 minutes. Flip steak and cook for another 2 minutes. (This time is for medium rare steaks. If you prefer medium, add a minute to both of the oven turns.)

Remove steak from pan, cover loosely with foil, and rest for 2 minutes. Serve whole or slice thin and fan onto plate.

Yield: 1 to 2 servings

Prep Time: 10 minutes

Cooking Time: 5 minutes

BUTTERFLY SHRIMP WITH SEA SCALLOPS

1 lb lg. shrimp (shell peeled off) 1/2 lb. sea scallops 1/2 cup minced garlic 1/4 cup guldens mustard salt & pepper (just a dash on each shrimp) 1 cup margarine or butter 1/2 cup dried chopped parsley 2 tbs. lime juice 2 tbs. lemon juice 1/2 cup bread crumbs 1/2 cup grated parmasan cheese Directions: Slice the shrimp lengthwise so that it's laying flat on a cookie sheet. Take the back of a teaspoon and place mustard on back of spoon and spread LIGHTLY on the inside of shrimp. take same tablespoon and add minced garlic . spread garlic evenly over each shrimp. Slice each sea scallop in half, and put on top of shrimp. Sprinkle with salt and pepper lightly. Mix margarine in a bowl cream together parsley, and juices. top with bread crumbs and cheese. Preheat oven to 450 ; Bake for 12-15 min. ENJOY LISA !!

BRAISED RABBIT WITH BLACK OLIVES (Coniglio Alla Cacciatora)

An Italian classic, this rich stew can be made with rabbit or chicken. Slabs of golden polenta reheated over a charcoal fire make a perfect accompaniment. This is also a low chol. meal.

Makes 6 servings

RABBIT: 2 pounds (900 g) skinned and cut into 12 pieces OR 2 lbs. skinned chicken thighs. FLOUR: for dredging GARLIC: 2 large cloves peeled

ROSEMARY: 3' sprig OLIVE OIL: 1/3 cup + 2 tbs. CARROT: 1 medium

RED ONION: 1 medium PARSLEY: 1/4 cup chopped DRY WHITE WINE:

2/3 cup TOMATO PASTE: 2 tablespoons CHICKEN BROTH: 1/4 cup RIPE

OLIVES (6 oz drained or Kalamata ones) BAY: 2 leaves SALT: 1/2 tps.

1. Preheat oven to 350. Salt and pepper rabbit or chicken pieces well on both sides. Dredge in flour, knocking off excess. Place pieces in a single layer on a rack until ready to use.

2. Heat 1/3 cup olive oil in dutch oven set over medium. Saute garlic and rosemary, turning pieces several times. Remove when golden. Without crowding pan, add meat in batches and brown lightly, about 2 minutes on each side. Remove cooked pieces to a plate.

3. Meanwhile, chop carrot, celery, onion and parsley finely together in food processor. Once all the meat is cooked, in pan, add the remaining 2 tbs olive oil and heat briefly. Add chopped vegetables and saute gently 5 minutes until the onion softens.

4. Return meat to pan with vegetables and cook together for 2)3 minutes more.

5. Raise heat to high and add white wine. Bring to a boil and evaporate, about 3)4 minutes. Remove pan from heat.

6. Dilute tomato paste with the chicken broth. Pour over meat and vegetables. Add olives, bay and salt.

7. Cover pan and bake in oven for one hour, stirring occasionally. Serve hot. Serve over slices of polenta, reheated over a grill.

BRAISED BBQ SHORT RIBS

7 to 9 sections of cross cut (flanken style) BEEF SHORT RIBS

Let ribs come to room temperature. Lightly coat Dutch oven with your favorite cooking oil. You can use your cast iron fry pan for this too. I use Spice Island Hickory Smoke Salt sprinkled into the smoking pan just before I drop the ribs in. brown all sides to your taste.

Slow cook these for 4 to 6 hours on slow/low after you add your favorite BBQ sauce, a large splash of Liquid Smoke to the pot. When done, the bones will be falling off the meat and you will be salivating just looking at them.

Another option is to GRILL these ribs on medium indirect heat, turning frequently and basting with sauce to get a crusty, sticky and yummy coating. You can pre-soak hickory chips and or use a smoker box inside the grill to add flavor.

Of course you can marinade these overnight like most other meats in your favorite mix/rub.

BRADLEY'S KILLER BABY BACK RIBS (BKBBR)

A word before we begin....

This is one of my most "bestest" (says my 5 year old) recipes. My BKBBR's are spicy hot, crunchy candy like good and literally melt in your mouth after they fall off the rib bones because they are soooooo tender.

BKBBR's are cooked at low temperature and can be properly prepared only in an H2O smoker. If you don't have an H2O smoker, you can use your gas grill as one by doing a simple and temporary conversion. See Cooks On-Line Forum on CompuServe in the Outdoor Cooking Library for our upload on how to convert your gas grill to an H2O Smoker.

HERE'S THE RECIPE

This is a 3 part recipe. The first part is the (yummy) sauce, the second is the rib preparation and the third is the rib cooking. Please note that this recipe will yield extra sauce. It keeps a long time and is good with everything.

I. THE SAUCE:

1 cup packed brown sugar
1/2 of a 64 oz. (wt.) bottle of Heinz Ketchup
3 oz. white wine vinegar
4 oz. mustard
6 oz molasses
2 oz liquid smoke
2 oz Trappey's Red Pepper Sauce
2 oz Worcestershire Sauce
2 teaspoon course black pepper
Change proportions to fit your taste.

Combine these ingredients and place in a pan. Bring the sauce to a slow]
gurgly boil for 3 minutes stirring thoroughly.

II. THE RIBS PREPARATION:

Pick out 3 slabs of the prettiest baby backs you can find.
Cut them into serving portions (usually by cutting the slabs in half)
Sprinkle lightly with garlic power and black pepper
Rub the pepper and garlic powder into the meat - don't be a wimp, rub it hard.

III. COOKING THE RIBS:

In the water area of your smoker combine garlic, onion bits and water.
Set your smoker at a temperature so that a good steam comes off your water, but the water doesn't boil.
Replenish the water periodically
Cook the ribs on the smoker without the sauce for 1 hour flipping them over once.

After 1 hour, flip the ribs again and then brush the ribs thoroughly with the sauce and flip and repeat every 20 minutes until done.

We usually cook our ribs for 4 to 4 1/2 hours. You will know when they're done when the sauce on the outside of the ribs (which should be really thick before they're done) is hardened like chewy candy.

Hope you all enjoy these and get as fat as I am from enjoying them as much as I do.

REGARDING BRADLEY'S KILLER BRISKET. Watch the Cooks On-Line Forum for the upload soon. We are changing the recipe to get a moister meat. Stay tuned.

Blooming Onion and Dipping Sauce

Submitted by: Jackie Smith

Dipping Sauce:

1/2 cup mayonnaise
1 tablespoon ketchup
2 tablespoons creamy-style horseradish
1/3 teaspoon paprika
1/4 teaspoon salt
1/8 teaspoon dried oregano
1 pinch ground black pepper
1/3 teaspoon cayenne pepper

Blooming Onion:

1 egg
1 cup milk
1 cup all-purpose flour
1 1/2 teaspoons salt
1 1/2 teaspoons cayenne pepper
1 teaspoon paprika
1/2 teaspoon ground black pepper
1/3 teaspoon dried oregano
1/8 teaspoon dried thyme
1/8 teaspoon ground cumin
1 large sweet onion
3/4 cup vegetable oil for frying

Directions

1 To make sauce: In a medium bowl, combine mayonnaise, ketchup, horseradish, 1/3 teaspoon paprika, 1/4 teaspoon salt, 1/8 teaspoon oregano, a dash ground black pepper and cayenne pepper; mix well. Keep sauce covered in refrigerator until needed.

2 To make the batter: In a medium bowl, beat egg and add milk. In a separate bowl, combine flour, salt, cayenne pepper, paprika, ground black pepper, oregano, thyme and cumin; mix.

3 To slice onion: slice 1 inch off of the top and bottom of the onion and remove the papery skin. Use a thin knife to cut a 1 inch diameter core out of the middle of the onion. Now use a very sharp, large knife to slice the onion several times down the center to create 'petals': First slice through the center of the onion to about three-fourths of the way down. Turn the onion 90 degrees and slice it again in an X across the first slice. Keep slicing the sections in half, very carefully until the onion has been cut 16 times. Do not cut down to the bottom of the onion. (The last 8 slices will be difficult, be careful).

4 Spread the 'petals' of the onion apart. To help keep them separate you could plunge the onion into boiling water for 1 minute and then into cold water.

5 Dip the onion into the milk mixture and then coat it liberally with the flour mixture. Again separate the petals and sprinkle the dry coating between them. Once you're sure the onion is well-coated, dip it back into the wet mixture and into the dry coating again. This double-dipping ensures you have a well-coated onion because some of the coating will wash off when you fry the onion.

6 Heat oil in a deep fryer or deep pot to 350 degrees F (175 degrees C). Make sure you use enough oil to completely cover the onion when it fries.

7 Fry the onion right side up in the oil for 10 minutes or until it turns brown. When the onion has browned, remove it from the oil and let it drain on a rack or paper towels. Open the onion wider from the center so that you can put a small dish of the dipping sauce in the center.

Forum: Cooks Online Section: Meat-Poultry-Fish Subj: Sirloin steak
To : Seamus Killen, 106274,1356 11/16/96 2:13 PM From : Linda Tomasini, 75000,2474 #722327

>> Please could someone send me some good ways to cook sirloin steak. <<
Here is a recipe I have in my database. I am sure I got this recipe from this forum. There are also some instructions on cooking steak. Remember to have your frying pan hot, then add your oil and then the steaks. Do not move the steaks until it is time to turn them (this allows a flavorful crust to form on them). Do not overcrowd your frying pan (the steaks will steam in their own juices if they are crowded and will become tough). Green peppercorns can be found in small cans at your grocery store. You can use beef stock if you don't have veal. The watercress is, of course, optional.

* Exported from MasterCook *

Sirloin Steaks with Green Peppercorns

Recipe By : Serving Size : 1 Preparation Time :0:00 Categories : Beef Main Dishes

Amount Measure Ingredient -- Preparation Method -----

----- 30 ml green peppercorns -- (2 tbsp)

6 sirloin steaks -- about 175 g (6 oz) each Salt

15 ml vegetable oil -- (1 tbsp)

30 g butter -- (1 oz)

45 ml cognac -- (3 tbsp)

300 ml Brown Veal Stock -- (10 fl oz)

225 ml cream -- (8 fl oz)

Watercress, -- to garnish

The chef has some guidelines to determine when a steak is cooked: When demonstrating the technique for cooking a steak, the chefs at Le Cordon Bleu hesitate to give students an exact cooking time because there are so many variables to consider. Obviously the thickness of the steak and the degree to which it is to be cooked (very rare, rare, medium, or well done) will have a considerable effect on the timing. The temperature of the meat before cooking (if you like your steak rare or medium rare it must be at room temperature before cooking), the presence of a bone, the method of cooking (sauteing, grilling or barbecuing), and the heat of the stove, grill, or coals will also affect the cooking time. The best way to test whether the meat is cooked is by touch and sight as well as by the clock: as a steak cooks, the meat becomes firmer and the interior colour lightens from a dark purple-red to pink. With experience you will be able to determine when all meats, poultry, and even fish are done, merely by touch. Here are guidelines for cooking steaks to the desired degree: approximate times are given for 2-2.5 cm (3/4-1 inch) thick steaks. VERY RARE (called bleu in French) Sear both sides just until browned (about 1 minute each side) in very hot oil and butter. The steak will feel very soft when touched; the interior colour will not have changed from the purple-red colour of raw meat. RARE (Saignant) Sear for 2 minutes each side and 1 minute on the edge in very hot oil and butter. The steak will still feel soft when touched; the interior colour will be red. MEDIUM (a point) Sear for 3 minutes each side and 1 minute on the edge in very hot oil and butter. The steak will offer resistance when touched; the interior colour will be pink, and pink juices will bead on the surface of the seared side of the steak when turned. WELL DONE (bien cuit) Sear both sides iust until browned (about 1 minute each side) and then cook for about 15 minutes in a 170 C (325 F) mark 3 oven. The steak will be very firm when touched; the interior colour will no longer be at all pink.

Coarsely crush the peppercorns with the bottom of a small heavy saucepan.

Season the steaks on both sides with salt and then sprinkle with the

peppercorns, pressing the peppercorns onto the surface of the steaks. Heat 7.5 ml (1.5 tsp) of the oil and 15 g (1/2 oz) of the butter in a large frying pan over high heat. Add 3 steaks, brown on both sides and then continue to cook until done as desired. Transfer to a serving platter; cover to keep warm. Discard the fat from the pan and repeat with the remaining oil and butter to cook the remaining steaks. Return all the steaks to the pan, add the cognac and carefully light it. When the flames die, transfer the steaks to a platter. Add the stock and cream to the pan and deglaze over high heat, scraping the bottom of the pan to release any cooked particles. Cook until the liquid has reduced by half, then season to taste with salt and pepper and strain. To serve, arrange the steaks in the centre of the platter and spoon the sauce over. Garnish the platter with watercress. Serve the remaining sauce in a sauceboat. Accompany with the Pommes de Terre Sautees Cru

NOTES : Pepper steak has long been part of the classic French repertoire. This is a modern variation on that theme. It substitutes green peppercorns ('fresh' peppercorns sold bottled or canned) for the traditional black (dried) peppercorns used to season the steak in the past. Green peppercorns are not as hot as black peppercorns and have a fruitier taste
-Linda Tomasini

In article <355d951d.90488667@news.cei.net>, nospam.chuck@cei.net
(Chuck) writes:

>bullseye <bullseye@kdsi.net> wrote: > >>Does any one care to shsare the
beat way they like ribeyes?,.. *used to >>post a while back under Jason R and
Am STILL regretting posting that >>Muskrat recipe,... sorry,... been in hiding
since*,.. (not to mention >>the crow),... *sigh* > >Easiest: Sprinkle each side
with Durkees Montereaa Steak Seasoning and >cook over charcoal grill. >
>Little more time consuming: >Make a rub of: >2 TBL Chili Powder >2 TBL
Paprika >1 Tsp Cumin >1 Tsp Garlic Powder >1 Tsp Onion Powder >1/2 Tsp
Pepper (your choice) >Mix well, and rub into meat. Let stand for 1/2 hour then
cook over >charcoal or broil (only if it's raining) If you broil it, you can add >a
little liquid hickory smoke, by rubbing it in before you do your >rub. >Chuck >
Weird! A Chuck who scores a bullseye with ribeye.

Is yoose guys pullin' my meat? ;)

Sheldon `````````` On a recent Night Court rerun, Judge Harry Stone had a
wonderful line: "I try to keep an open mind, but not so open that my brains fall
out."

Forum: Cooks Online Section: Outdoor Cooking
Subj: Best Gas Grill Recommend

You know... asking someone what's "best" is a really difficult question to answer when it comes to just about anything. You will get so many opinions that most of the time you will just buy what seems to be a name brand at a reasonable price no matter what it may be. If I were to ask you what is the best car to buy, what would you say and why? The same goes for grills!

Generally speaking you get what you pay for (if you are lucky). Obviously if you are going to store your grill uncovered out in the weather I wouldn't put a lot of money out and just get a basic Charbroil or Thermos model. There are Thermos models now that offer a drop in tray so you can use charcoal. Nifty! All in all, shop for what looks best, has the highest BTU rating and the longest BURNER WARRANTY. I buy Thermos brand. No problem with getting replacement parts and warranty coverage is an 800 number call away. As long as you are shopping for a grill why don't you pick up an instant read digital meat thermometer?

Many larger stores are offering free assembly. Some grills take nothing more than jamming the legs together. Good luck and if you would like to add anything to this page feel free to EMAIL!

Captions of relatively old messages from the net are below though they still have valuable opinions!

To : Tom Milton, 71341,3607 6/14/96 1:20 AM

From : Kevin Withers/CA, 72510,2627 #686527

Tom:

PMFJI, but when someone asks about gas vs. charcoal grilling, I have to jump up

on my soapbox... <g>

Being an avid mesquite charcoal user, I think charcoal grills have it all over gas grills, especially when it comes to the taste of food (which is why we grill in the first place, right?). Despite the design of the gas grill, you are still using gas as the fuel, and that gas will impart a certain amount of "flavor" to the food. Others on this forum will disagree with me on the flavor part of the gas vs charcoal argument (Hi, Overton! <G>), but I know I can sure taste the difference.

On the matter of convenience, it's pretty much a wash - each has its plusses and minuses. If you use a chimney starter, charcoal burns down and is ready to cook with in a short period of time. However, with charcoal grills you've got to fool with messy charcoal and it's accompanying sparks and ash. OTOH, with gas grills, you'll have to hassle with cleaning and replacing components periodically that you wouldn't have to fool with on a charcoal grill. And if your grill is not directly connected to a gas line, you'll have the hassle of periodically removing the gas tank and taking it somewhere to be refilled.

With some gas grills, you can't get the heat low enough for indirect cooking, which is _real_ BBQing, as opposed to grilling, which is cooking directly over the heat source. With a charcoal BBQ, you can BBQ a large cut of meat, a whole chicken or turkey, etc. for hours at 180 to 210 degrees - this gives you maximum tenderness and juiciness with a rich Smokey flavor imparted by the fuel.

If you decide to get a charcoal BBQ, you might try using mesquite charcoal as your main fuel. Get the better stuff - a few years ago I started using mesquite chunk charcoal that I buy in 40lb bags from a local restaurant supply house. I love the stuff. It's much higher quality than the mesquite chunk charcoal you get in the grocery stores - it makes the food taste better and there is less ash produced. In fact, you can even smell the difference in the smoke it produces - it's a richer, mellower aroma which results in a richer, mellower flavor imparted to the food. It's cheaper, also - I pay \$14 per 40lb bag. You can sometimes find it at feed stores, too.

One of the reasons (besides versatility of use and taste of the meat) that I like a charcoal grill is the same reason why gas grill aficionados don't like one - you have to build a fire. It takes a few minutes for charcoal to get hot. I enjoy the wait - to me, it's part of what makes grilling so relaxing. There's something therapeutic about sitting in front of a crackling mesquite fire, sipping on a drink, watching the sun go down while the strains from your favorite CD drift dreamily out of an open window towards the patio. I find it very relaxing. In a way, it reminds me of other places... eating grilled fish on the beach at sunset, with a line of pelicans swooping low over the waves... camping out in the mountains, sitting around the campfire, enjoying some great grilled steaks after a long hike... Perhaps there's something primitive that's still there within us; something that responds to the flames and smell of a fire, or the sound of waves breaking on the shore. It's as much the experience as it is the results that makes charcoal grilling what it is.

If the taste of your food is important, use a charcoal grill. If time is more important, stop by Burger King on the way home and get a "flame broiled Whopper" instead. <G>

The Weber "kettle" type of charcoal BBQ is probably the most popular model in the country. I use a similar type made by Kingsford - it's got a real slick ash bucket in the bottom that makes cleaning a 10 second job. Ok, I'm off my soapbox now. <g>
Kevin
Forum: Cooks Online Section: Outdoor Cooking
Subj: Good Barbecue

To : GARY ROGERS, 103237,2621 4/11/96 12:30 PM
From : Michael P. Burwen, 76520,3307 #670483

Go for it. I bought a Genesis 1000 two years ago, having owned two gas barbecues prior to that. It is worth every penny of its cost. My brother in law has a professional custom built barbecue he paid \$2000 for, and it isn't any better than the Weber (although you could almost do a whole side of beef on it). The parts and materials are the best available. They simply don't corrode like those on the cheaper makes. The burners are the most important part of a gas barbecue. You have to replace the burners on the cheap models every couple of years, and in any event they leave cold spots on the cooking surface and don't heat evenly. No such problems with the Weber. <edit>

BEST CUT OF PORK FOR BARBECUING

By Ryland Motley

I place a lot of emphasis on this subject for a very simple reason...the QUALITY of the finished product is in direct proportion to the QUALITY of the ingredients it's made of !! This holds true whether the finished product is meat, bread, vegetable, or dessert.

So, in 20 years plus of specializing in Eastern N C Style Pork Barbecue in my four restaurants, I discovered the "perfect" cut of pork for barbecuing which consistently produces a high quality barbecue. It is known in the commercial meat packers industry as the "long cut shoulder". For the uninitiated, a long cut shoulder is the "Pork Picnic" and the "Boston Butt" still joined together.

The reason this cut of meat is perfect for barbecuing is the ratio of fat to meat (or muscle if you will). This ratio is ideal because when the proper doneness is reached (170 degrees internal temperature) and the meat is pulled from the bone (called "boning off"), there is always a sufficient amount of grease, which was fat at the start, to give the final product plenty of moisture. This is due mostly to a layer of fat between the skin and the main body of the shoulder.

The amount of this grease used is one of judgment by each barbecuer. My position has always been to save and use every drop of it. My reason, as I explain to novices at barbecuing, is that this melted down fat absorbs a tremendous amount of the hickory smoke during cooking and therefore imparts it to the finished barbecue. Later when the barbecue is heated for serving, any extraneous amount can be dipped out, however if its not used to begin with the entire batch of barbecue could end up dry. There's nothing worse than dry barbecue!! Conversely, the same is true if its too greasy.

Additionally, the skin left on a long cut shoulder plays a big role in the finished barbecue if used properly. During the cooking process the skin will become brittle and crumbly at its edges. When this portion is separated from the rest of the skin and ground/chopped to a mush, it gives the barbecue a flavor that is absolutely heavenly!!

So to all you barbecue enthusiasts out there, the next time you barbecue pork, try using "long cut" pork shoulders. If you can't buy from a commercial meat packer, buy the picnic and the butt as separate cuts from the super market. Results will be the same.

Beer Marinade for Beef

Ingredients: XXI XXM

2 cans Beer

2 t Salt

1/2 C Olive oil

1 t Cayenne pepper

1 T Wine vinegar

1 T Prepared horseradish

1 t Onion powder

2 T Lemon juice

1 t Garlic powder

Directions:

Mix all ingredients together and use as a marinade. Also use as a mop sauce during slow cooking.

Notes: None of your lite beer, now.

Beer and Beef Stew

Beer Bread

Beer-Braised Pork Butt

Beer and Beef Stew

Serves: 6 to 8

2 pounds beef stew meat, chuck, shoulder or bottom round

2 bay leaves

1 tablespoon dry thyme

1 tablespoon dry rosemary

1/4 cup vegetable oil

2 tablespoons butter

1 cup onions, peeled and diced

1/4 cup flour

12 ounces dark beer

1 quart hot beef broth

1/2 cup crushed tomatoes

2 teaspoons salt

2 teaspoons ground black pepper

1/2 cup carrots, peeled and diced

1/2 cup celery, peeled and diced

1 cup rutabaga (wax turnips), peeled and diced

1 cup parsnips, peeled and diced

Season the beef with salt and pepper. Tie the bay leaves, thyme and rosemary into a sachet garni in cheesecloth. In a large casserole combine the oil and butter and heat until the butter bubbles. Add the beef in one flat and not too tightly packed layer and brown the beef well on all sides. Remove the beef, set aside and add the onions to the casserole and cook to a golden caramelized color. Sprinkle the onions with the flour and stir to combine well. Return the beef to the casserole, add the beer, hot broth, herb sachet garni, tomatoes, salt and pepper. Bring to a boil and reduce the heat to a slow simmer. Cook for 3/4 hour. Add the carrots, celery, rutabaga and parsnips and continue to cook for 1 additional hour.

Beer Bread

Yields: 1 loaf

3 cups bread flour

3 tsp Baking powder

3/4 tsp Salt

3/4 tsp Baking soda

1/4 cup Sugar

12 fl Beer; any kind

1/2 cup Butter; melted

Preheat oven to 350 degrees. Grease on 8 X 5 inch loaf pan. Line with a strip of wax paper and grease the paper (butter, Crisco, Pam, whatever).

Place dry ingredients in a food-processor bowl or mixer. Beating or processing, add the beer. Mix until smooth. Pour batter into the prepared loaf pan and top with melted butter. Bake for 45 to 50 minutes.

If you don't have a food processor, don't panic. The dough is very liquid-y, so you can just stir it well with a wooden spoon, just until the ingredients are mixed well, but not so much that you stir out all the bubbles and the bread won't rise!

You may want to put some kind of pan or cookie sheet on the bottom of your oven because the butter tends to dribble out of the loaf pan.

Beer-Braised Pork Butt

Serves: 6

1 five-pound boneless Boston pork butt

3 tablespoons vegetable oil

Coarse salt and freshly ground pepper, to taste

2 celery stalks, diced

2 medium-size onions, diced

8 cloves garlic, minced

1 plum tomato, diced

1/2 cup balsamic vinegar

4 twelve-ounce bottles dark beer, preferably Murphy's Stout

1 baking or Idaho potato, peeled and cut into 1-inch cubes

1 sweet potato, peeled and cut into 1-inch cubes

1 turnip, peeled and cut into 1-inch cubes

1 celeriac, peeled and diced

2 parsnips, peeled and diced

2 carrots, peeled and diced

1/2 cup chopped parsley, for garnish

Heat oven to 250 degrees. Rub pork butt with oil, and season liberally with salt and pepper. In a large Dutch oven, over medium-high heat, place meat fat-side down, and brown, about 5 minutes on each side. Remove meat from pot, and pour off most of the remaining fat, reserving enough to sauté the onions, celery, and garlic until translucent, about 5 minutes. Add tomato, and deglaze the pot with balsamic vinegar. Pour in beer, and return meat to pot. Bring to a simmer over high heat, and cover. Transfer to oven for 3 hours. After 3 hours, remove pot from oven, and skim off any excess fat. Add remaining vegetables, and cover. Return to oven for 45 to 60 minutes. When finished cooking, the meat and vegetables should be fork tender. To serve, slice meat across the grain. Arrange meat slices on platter with vegetables, and sprinkle with parsley.

Regards,

Candie Yoder

thechef@culinarycafe.com

<http://www.culinarycafe.com>

~~~

Rec.food.recipes is moderated; only recipes and recipe requests are accepted for posting. Please read the "Posting Guidelines" article. Recipes/requests go to [recipes@rt66.com](mailto:recipes@rt66.com); questions/comments to [tfdpress@acpub.duke.edu](mailto:tfdpress@acpub.duke.edu). Please allow several days for your submission to appear.

## Barbecued Salmon Steaks

Yields: 4 to 6 servings.

2lbs, salmon steaks, 1 to 1½ inches thick

½ cups catsup

¼ cup salad oil

3 tablespoons lemon juice

2 tablespoons vinegar

1 teaspoon Worcestershire sauce

1 teaspoon salt

½ teaspoon grated onion

½ teaspoon dry mustard

¼ teaspoon paprika

1 clove garlic, finely chopped

3 drops tabasco sauce

Place fish in a single layer in a shallow pan.

Combine remaining ingredients into a bowl . Pour sauce over fish and let marinate for 30 minutes. Turning over once. Remove fish from pan, reserving enough sauce for basting. Place fish in a greased, hinged wire grill about 4 inches from coals. Cook 8 to 10 minutes. On each side, or until fish flakes easily when tested with fork. Basting frequently with sauce.

M.Roberts < [lasher@total.net](mailto:lasher@total.net)

<http://www.total.net:8080/~lasher/wonder.html>

Great barbecue Product!!

# Barbecue Sauce No. 1

Ingredients: XXI XXM

3 C Onions, chopped

1/4 C Honey

1 T Garlic clove, crushed

2 T Lemon juice

1 T Salt

1/2 C Parsley, chopped

3 T Worcestershire sauce

1 C Dry white wine

1/2 t Mint, dried

3 T Apple cider vinegar

1 T Colgin's Liquid Smoke

2 C Catsup

1/2 t Tabasco sauce

Directions:

Place all ingredients in a heavy saucepan or Dutch oven and bring to a boil.

Cover and cook, at lowest simmer, for 1-1/2 to

2 hours.

Notes: Slow cooking is the secret of this sauce. If your sauce should become too thick, thin it with a little white wine.

## BANANA CREAM PIE

From: "Doreen Randal" <ynnuf@clear.net.nz>

Newsgroups: rec.food.recipes

Subject: Banana Cream Pie

Followup-To: rec.food.cooking

I haven't made this for years, I found it  
in my old scrap book.

### BANANA CREAM PIE

Pastry:-

6 ozs flour

1/4 tsp salt

3 1/4 ozs vegetable fat or lard

2 Tbs iced water

Filling:-

2 ripe bananas, peeled and cut into slices

3 egg yolks

3 ozs castor sugar

1/4 tsp salt

1 Tbs cornflour

1 Tbs butter

16 lf. oz milk

1 tsp vanilla essence

Topping:-

3 egg whites

6 ozs castor sugar

2 Tbs slivered almonds

Sift the flour and salt into a mixing bowl. Add the fat and with your finger tips rub it into the flour until it resembles coarse breadcrumbs. Add a Tbs iced water and mix knead the dough until smooth. Add more iced water if too dry. Shape into a ball, cover and chill in the refrigerator for 30 minutes. Preheat the oven to 400 F. On a floured board, roll the pastry out and line a 9-inch pie plate. Put in the refrigerator for 10 minutes. Remove from refrigerator and prick the bottom and sides of the pastry with a fork, line with grease proof paper and weigh it down with dried beans. Bake the shell for 10 minutes. Remove the paper and beans and bake 5 minutes more, or until the shell is golden. Reset the oven to 300 F. To prepare the filling:- Beat egg yolks in a mixing bowl with a whisk. Gradually beat in the all or the sugar, salt, cornflour and butter. Put the milk in a small saucepan and heat until almost boiling. Pour the hot milk slowly into the egg mixture, continually. Place the bowl over a pan of boiling water and cook and stir the custard until it thickens. Cool the custard and then add the vanilla. Arrange the banana slices in the baked pie shell. Pour the custard over them. Beat the whites in a small bowl until they are stiff. Beat in 1 Tbs of the sugar and then fold in the remaining. Pile the meringue over the top of the custard making sure you cover the custard completely. Sprinkle with the slivered almonds and bake 15 to 20 minutes, or until the meringue is lightly browned. Serve cold.

Enjoy, Doreen

Doreen Randal

Wanganui

New Zealand

~~~

Rec.food.recipes is moderated; only recipes and recipe requests are accepted for posting. Please read the "Posting Guidelines" article. Recipes/requests go to recipes@rt66.com; questions/comments to tfdpress@acpub.duke.edu. Please allow several days for your submission to appear.



All tightly sealed with heavy foil ready for the oven!



Here are the steamed ribs ready for the grill.



Sauced up and ready for the hickory wood in the smoker box and INDIRECT heat.



Crusty sauced up falling off the bone ready to eat!



Need I say more?

Baby back Rib Preparation Step By Step Photo Guide

These photos are to be used with MY RIBS recipe!



Above is half a slab ready for peeling the membrane off.



You can start the process with a butter knife running it up a bone.



There it comes!



All seasoned with the Season All and Mesquite salt with the liquid smoke and water. Ok ok.. it doesn't look like a lot of rub. Some people might just like it **CAKED** on after a really nice massage in. Its all what you like. It's what you are living for right... great food!

AVOIDING BARBECUE BLUNDERS

As summer begins to heat up, so do grills across America. While you're dusting off your grill, make sure your summer meal or picnic doesn't go up in smoke because of common barbecue blunders. The most common barbecue mistakes

are usually related to improper food handling and cooking. Whether you're getting ready to grill at a picnic with dozens of friends or simply firing up a quick dinner for your family, keep in mind these safe handling tips:

- * **Law of the Thaw:** If you're pulling meat or poultry out of the freezer, or using the pre-formed frozen beef patties, make sure the food is completely defrosted before grilling. Otherwise, you could undercook them. Use the microwave for quick defrosting, following the manufacturer's directions.

- * **Cook by the Book:** For juicy, flavorful meat, cook with medium to medium-low temperature coals. Don't overcook or char meat. Grill patties until all the pink is gone. Steaks can be rosy pink in the center, but cook them to at least medium rare doneness (that's 145 degrees if you're using a meat thermometer). Poultry juices should run clear and no pink left in the center. Determine the doneness of steaks or chops by making a small slit near the bone and checking the color. For boneless cuts, make the slit in the center.

- * **Made for Marinade:** Always marinate meat, poultry or seafood in a heavy-duty plastic bag or glass utility dish in the refrigerator, never at room temperature. Brush brown sauces (like soy or teriyaki) on the cooked surface of the burger. When a sauce is mixed into raw ground beef, it's difficult to determine doneness.

- * **The Platter Matter:** Don't put cooked meat or poultry on a platter that's been used for raw meat without thoroughly washing the platter with warm, soapy water. Or, use two different platters for raw and cooked meats. Be sure to wash all grilling utensils too, and anything else that touches uncooked meat and poultry (including your hands).

- * **The Cool Rule:** Remember to cover food and keep cold food packed on ice, if possible. After eating, put food in the cooler or the refrigerator right away. Don't leave foods like lunch meat and cheese, or salads and desserts made with dairy products or eggs out for more than two hours.

On any occasion, just follow these basic food safety principles. Remember -- keep hot foods hot and cold foods cold. And if in doubt, throw it out. "All of these tips will help ensure that you not only make your summertime meals sizzle, but that you'll enjoy a safe and wholesome meal," says Marlys Bielunski of the National Cattlemen's Beef Association Test Kitchens. "That's what summer barbecues should really be about."

For more information on food safety do's and don't, you can write for a free copy of the "Plating It Safe" brochure. The brochure was developed by public health organizations, the USDA and the beef industry. Send a self-addressed, stamped envelope to:

Barbecue Blunders/Plating It Safe Dept. IN-CJV National Cattlemen's Beef Association 444 N. Michigan Avenue Chicago, IL 60601

Authentic WWII battlefield recipe

La Patties La Suar

By Clint Longnecker SR.

15# Hamburger

1 Head Garlic

1 Large White Onion

2 Diced Apples

3 Shaved Carrots

3 Eggs

Unspecified amount of Bread Crumbs

Make into thick patties and Broil

I assume these can be grilled too

Authentic WWII battlefield cooking recipe!

Chinese BBQ ribs

To start you will need 1 Rack pork ribs

Marinade:

¼ cup soy sauce

2 Tablespoons honey

2 Tablespoons hoisin sauce

2 Tablespoons white vinegar

1-Tablespoon Chinese rice wine, or pale dry sherry

1 teaspoon finely chopped garlic

1 teaspoon sugar

2 Tablespoons Chicken stock (fresh or canned).

Canned plum sauce. (For dipping)

Trim off any excess fat from ribs

Combine all Ingredients above (except plum sauce)

Place ribs in large pan, cover with marinade and place in refrigerator

For 6 hr. (For best flavor try 24hrs covered) rotating ribs every so often

Now they're 2 ways to cook your ribs when you're ready. The first is in your bbq but you need to hang them and watch that they don't burn A bbq with a fold down lid is best.... Or you can use your oven...

Oven method: preheat oven to 375* to prevent a mess or a smoking oven place a shallow pan with water on the lowest shelf of oven to catch the drippings. You will also want to hang the ribs using hooks that go on your very top shelf of the oven. (Hang ribs on hooks then hang hooks on very top rack). Roast ribs for 45 min if you wish you may brush ribs with more marinade after cooking 45 min. Then raise oven heat to 450* and cook until ribs are done. Remove ribs and cut serve with plum sauce

Chinese Chicken Salad

With this recipe you can change it, add to it, etc.. So enjoy!

Head lettuce

Romaine lettuce

Spinach leaves

Celery

Sliced mushroom

Shredded carrot

Slicked water chestnut

Crunchy chow main noodles or crispy fried noodle

Diced or Julian sliced chicken

Sunflower seeds

Sesame seeds

There are so many different kinds of dressings that will work for this salad
So I will leave this up to you. Enjoy

Egg Flower Soup
This is nice soup to start off your dinner party

Canned baby corn drained and cut
Thin sliced celery
Frozen peas
Fresh cooked or frozen diced carrots
Sliced water chestnuts
Fresh eggs (liquid eggs or egg sub may be used) slightly stirred
Chicken broth (fresh or canned)
Water
Cornstarch water (for thickening)
Salt & white ground pepper to taste

In a wok, or pot heat together broth and water add vegetables, bring to slow
boil, add eggs once eggs turn bright white and yellow stir in the cornstarch and
water mix until desired thickness
Serve

I will let you measure out your ingredients because you can make
Any desired amount you need.

Apple-Glazed Barbecued Chicken

1 can (6 ounce) frozen apple juice concentrate, thawed

1/4 cup reduced-sodium ketchup

2 tablespoons packed brown sugar

1 tablespoon cider vinegar

1 teaspoon dried thyme

1/8 teaspoon hot-pepper sauce

6 boneless, skinless chicken breast halves (4 ounces each)

In a small saucepan, combine the apple juice concentrate, ketchup, brown sugar, vinegar, thyme and hot-pepper sauce. Cook, stirring, over medium heat until the sugar completely dissolves. Remove from the heat and cool to room temperature. Place the chicken in a single layer in a 13-by-9-inch baking pan. Pour about half of the cooled ketchup mixture over the chicken, turning once to coat both sides. Cover and refrigerate both the chicken and the remaining ketchup mixture for 4 to 24 hours. Coat a grill rack with nonstick spray.

Then light the grill according the manufacturer's directions.

Check the temperature for grilling; the temperature should be medium-hot (see the Test Kitchen Tip below). Place the rack on the grill. Remove the chicken from the ketchup mixture; discard whatever ketchup mixture remains in the baking pan. Coat the chicken pieces with nonstick spray and brush them with some of the remaining ketchup mixture. Place the chicken on the rack and grill, uncovered, for 8 minutes. Turn the chicken over and brush with the remaining ketchup mixture. Grill for 7 to 10 minutes, or until the chicken is tender and cooked through. Discard any remaining ketchup mixture.

Preparation time: Not Available

Serves 6

purported to be Amish, it's delicious!
Roasted Beef and Pork Loins

beef roast

pork roast, of comparable weights,

salt

pepper

garlic

Roast, covered, a roast beef, with a pork roast, comparable weights, boned/bone-in, season as you normally would, i.e., salt, pepper, garlic, etc.; cook as for pork, 35 minutes to the pound, (?); the beef will be well-done, but shouldn't be dry. Make gravy from the pan drippings. It's the best gravy in the world! This is also quite good as a hot, open-faced sandwich, from the leftovers.

ALL RIBS!

Cowboy Barbecued Ribs

Prep: 15 min, Cook: 1:50.

3-1/4 lbs. pork spareribs

2/3 cup water

3-1/2 Tbs. unsalted butter

1 Tbs. plus 1 tsp. fresh lemon juice

2 Tbs. plus 2 tsp. dry mustard

2 Tbs. plus 2 tsp. chili powder

2 tsp. sugar

2 tsp. paprika

3/4 tsp. onion powder

3/4 tsp. garlic powder

1/8 tsp. cayenne

Preheat oven to 400°F. Place spareribs on broiler pan and cover with foil. Roast

1-1/2 hours. While spareribs are roasting, combine remaining ingredients and

salt to taste in a saucepan and mix well. Bring to a boil. Reduce heat and

simmer 30 minutes. Remove ribs from oven, remove foil and turn on broiler.

Brush sauce on ribs. Broil 7-10 minutes on each side 5 inches from heat source.

Serve ribs with additional sauce.

Chinese Style Ribs

Prep: 5 min, Marinate: 1:00, Cook: 15 min.

1/3 cup plum sauce

2-3/4 tsp. barbecue sauce

2-3/4 Tbs. orange juice

2-3/4 tsp. vegetable oil

3/4 2 inch piece fresh ginger, freshly grated

2 cloves garlic, crushed

1-1/4 tsp. cumin

1-1/4 loin back pork ribs, cut into sections

Combine plum sauce, barbecue sauce, orange juice, oil, ginger, garlic and

cumin. Pour over ribs and allow to marinate 1 hour or overnight in the

refrigerator. Barbecue for 12-15 minutes, turning occasionally, until cooked.

Deviled Grilled Short Ribs

Prep: 5 min, Cook: 30 min.

1/4 cup spicy brown mustard

3 Tbs. white horseradish

3 Tbs. Worcestershire sauce

2-3/4 lbs. beef short ribs, cut into serving size pieces

unseasoned meat tenderizer

Prepare grill. Combine mustard, horseradish, and Worcestershire in a bowl.

Sprinkle beef with meat tenderizer. Place meat on grill over medium heat. Cook

short ribs 30-40 minutes, turning often or until desired doneness is reached.

Brush with mustard mixture frequently during last 10 minutes of cooking.

Orange Country-Style Ribs

Prep: 15 min, Cook: 1:15.

6 ounces tomato paste

1/2 cup brown sugar, packed

1/4 cup frozen orange juice concentrate, thawed

2 Tbs. red wine vinegar

1 Tbs. prepared mustard

1 Tbs. Worcestershire sauce

2 lbs. country style pork ribs, cut into 1-rib portions

Prepare grill. Combine all ingredients, except ribs, in a bowl. Season with pepper to taste and mix well. Place a large piece of foil over coals beneath grill to catch drippings. Place ribs on grill about 6 inches above slow coals. Close hood and cook about 20 minutes. Turn ribs and cook covered, 20 minutes more. Brush ribs with sauce and cook , covered, 25-35 minutes more or until cooked through, turning and brushing frequently with sauce.

Hot and Spicy Spareribs

Prep: 20 min, Cook: 1:25.

2 Tbs. unsalted butter

1 medium onion, finely chopped

2 cloves garlic, minced

1 lb. canned tomato sauce

2/3 cup cider vinegar

2/3 cup brown sugar, firmly packed

2 Tbs. chili powder

1 Tbs. prepared mustard

4 lbs. pork spareribs

Melt butter in a heavy nonstick skillet over low heat. Add onion and garlic and sauté until tender. Add remaining ingredients, except ribs. Season with pepper to taste and bring to a boil. Reduce heat to low and simmer 20 minutes, stirring occasionally. Prepare grill. Place ribs on grill, meatiest side down, about 6 inches above low coals or over indirect heat (banked coals). Close grill hood. Grill 20 minutes. Turn and cook 45 minutes. Baste with sauce, close grill and cook 10 minutes. Turn ribs, baste and cook 10 minutes more.

Blackened Cajun Ribs

Prep: 20 min, Cook: 1:30.

2 lbs. pork spareribs, cut into 8 ounce portions

1 Tbs. paprika

1-1/2 tsp. onion powder

1-1/2 tsp. garlic powder

1 tsp. black pepper

3/4 tsp. salt

3/4 tsp. cayenne pepper

3/4 tsp. thyme, crushed

3/4 tsp. oregano, crushed

Place ribs in a pan of boiling water. Simmer , covered, 45 minutes and drain.

Combine seasonings in a bowl and sprinkle on both sides of warm ribs, rubbing in slightly. Preheat oven to 350°F. Place ribs in a shallow baking pan and bake in a single layer 45 minutes, until ribs are tender and nicely browned.

This recipe serves 48 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 48.

Maple-Mustard-Glazed Spareribs

Prep: 20 min, Cook: 1:30.

1/2 tsp. mixed pickling spice

cheesecloth

2 tsp. vegetable oil

1 small onion, coarsely chopped

1/2 cup maple syrup

1/4 cup vinegar

2 Tbs. water

1 Tbs. Dijon mustard

4 lbs. pork spareribs

Tie pickling spice in several thick nesses of cheesecloth to make a bouquet garnish. Set aside. Heat oil in a heavy nonstick saucepan over medium high

heat. Sauté onion until tender. Add bouquet garnish. Stir in syrup and next 3 ingredients. Season with salt and pepper to taste. Simmer 20 minutes. Discard bouquet garnish. Sprinkle ribs with salt to taste. Prepare grill. Place ribs on grill, meatiest side down, about 6 inches above low coals or over indirect heat (banked coals). Close grill hood. Grill 20 minutes. Turn and cook 45 minutes. Baste with sauce, close grill and cook 10 minutes. Turn ribs, baste and cook 10 minutes more.

Short Ribs in Beer

Prep: 10 min, Cook: 1:40.

2-3/4 lbs. beef short ribs

1-1/4 large onions, sliced

3/4 package dry onion soup mix

1 cup beer

Turn on broiler. Broil ribs 10-15 minutes until brown. Transfer ribs to a baking pan. Preheat oven to 325°F. Spread onion slices over browned ribs. Sprinkle with onion soup mix. Pour beer over all. Cover and bake 1-1/2 hours until meat is tender.

Country Style Ribs and Vegetables

Prep: 15 min, Cook: 1:50.

1-1/2 tsp. oil

1-1/2 lbs. boneless country style pork ribs

3/4 cup apple cider

1/8 tsp. cinnamon

1/8 tsp. cloves

1/4 lb. baby onions, or onion wedges

1/4 lb. baby carrots

1/4 lb. new potatoes

Heat oil in a Dutch oven over medium high heat. Brown ribs. Add next 3 ingredients and cover. Reduce heat to low and simmer 1 hour. Add vegetables and simmer 45 minutes more.

Chinese-Style Spareribs

Prep: 10 min, Marinate: 6:00, Cook: 2:00.

2 Tbs. plus 2 tsp. Hoisin sauce

2 Tbs. plus 2 tsp. water

2 Tbs. dry sherry

1 Tbs. plus 1 tsp. honey

1 Tbs. plus 1 tsp. soy sauce

2 cloves garlic, minced

2-3/4 lbs. pork spareribs, cut into serving size portions

Place a large plastic bag in a large bowl. Combine all ingredients, except ribs, in bag and mix well. Add ribs and close bag tightly. Marinate in refrigerator 6 hours or overnight. Turn bag several times to distribute marinade. Preheat oven to 350°F. Drain ribs, reserving marinade. Place ribs in a shallow roasting pan. Cover with foil and bake 1-1/2 hours. Uncover and brush ribs with reserved marinade. Bake , uncovered, 30 minutes or until cooked throughout.

Smoky Country Style Ribs

Prep: 15 min, Cook: 2:00.

3 lbs. country style pork ribs

1 tsp. garlic salt

1 tsp. freshly ground black pepper

1 cup ketchup

1/2 cup brown sugar, firmly packed

1/2 cup chili sauce

2 Tbs. cider vinegar

2 Tbs. liquid smoke

1 Tbs. lemon juice

Preheat oven to 325°F. Sprinkle ribs with garlic salt and pepper. Combine remaining ingredients in a saucepan over medium heat. Cook about 10 minutes, stirring occasionally. Keep warm. Place ribs, rib bones down, on a rack in a shallow roasting pan. Baste with sauce. Bake 1-1/2 to 2-1/2 hours, turning and basting with sauce every 30 minutes. Cut into serving-size portions. Bring remaining sauce to a boil and serve with ribs.

This recipe serves 6 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 6.

Barbecued Country Style Ribs

Prep: 5 min, Cook: 2:15.

1-1/4 lbs. boneless country style pork ribs

2 Tbs. plus 2 tsp. barbecue seasoning

1-1/3 cups purchased barbecue sauce

Preheat oven to 300°F. Rub ribs on all surfaces with barbecue seasoning. Place ribs in a shallow pan, cover with foil and bake 2 hours. Prepare grill or broiler. Remove ribs from oven and grill or broil 12-15 minutes, turning frequently and basting with barbecue sauce.

Barbecued Baby Back Pork Ribs

Prep: 10 min, Cook: 2:15.

4 lbs. baby back pork ribs

2 cups barbecue sauce

Preheat oven to 300°F. Place ribs in a shallow pan, cover with foil and bake 2 hours. Prepare grill. Remove from oven and grill 12 minutes, turning frequently and basting with barbecue sauce.

Oktoberfest Ribs

Prep: 15 min, Cook: 2:30.

2/3 cup water or chicken stock, or apple cider

2-3/4 lbs. sauerkraut, drained

2 tsp. caraway seeds

1-1/4 yellow onions, peeled and cut in half

1-1/4 Granny Smith apples, cored and wedged

2 Tbs. plus 2 tsp. brown sugar

2-3/4 lbs. loin back pork ribs

Layer all ingredients in a large Dutch oven in this order: water, sauerkraut (bury caraway seeds evenly in the sauerkraut layer), onions, apples, brown sugar (sprinkle evenly over) and ribs. Bring to a boil. Lower heat, cover and simmer gently 2-3 hours, until ribs are very tender.

Oven BBQ Ribs

Prep: 10 min, Cook: 2:30.

2-3/4 lbs. racks pork baby back ribs

3/4 lemon, thinly sliced

3/4 tsp. celery seed

3/4 large onion, thinly sliced

1/4 cup Worcestershire sauce

2/3 cup ketchup

3/4 tsp. chili sauce

1/8 tsp. hot red pepper sauce, or to taste

1 cup water

3-1/2 Tbs. brown sugar, packed

3/4 tsp. salt

Preheat oven to 450°F. Place ribs in a large roasting pan and cover with next 3 ingredients and 1 Tbs. Worcestershire sauce. Roast uncovered 45 minutes.

Meanwhile, combine remaining ingredients in a heavy saucepan over medium high heat. Bring to a boil, stirring occasionally and set aside. Remove meat from pan. Reduce oven temperature to 350°F. Discard excess fat from pan. Return meat to pan and bake another 1-3/4 hours, basting with sauce every 15 minutes. Add water to sauce if it gets too thick.

Cabrito Ribs

Prep: 5 min, Cook: 4:00.

8 lbs. goat ribs

2 cups barbecue sauce

Preheat oven to 300°F. Spread sauce over ribs and wrap in aluminum foil. Bake 4 hours or until tender.

This recipe serves 4 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 2. The instructions describe how to prepare the ingredients for one pan. There are enough ingredients to prepare 2 pans

I thought you might like the last one....hehehehehe

You want to read from a real pro on ribs? [HERE YOU GO!](#)

BBQ & Recipes

ALL NEW

Grilled Garlic Bread:

1 stick of soy margarine, room temperature (I recommend Shedd's brand Soy Margarine)
3 large cloves of garlic (finely minced or use garlic press)
1 teaspoon ground pepper

French or Italian Bread

Mix soy margarine, garlic and pepper in a bowl. Cut bread into slices and butter one side of all the slices. Reassemble slices into a loaf, wrap in tin foil and seal the edges of the foil. Place foil package on the barbecue and cook until bread is toasted.

Bread with Garlic Dipping Oil:

Garlic-flavored Olive Oil (available in your grocery store)

Red Wine Vinegar

French or Italian Bread

Pour olive oil onto a plate, adding a splash of vinegar to the center. Use this to dip bread into.

Apple-Glazed Barbecued Chicken

1 can (6 ounce) frozen apple juice concentrate, thawed

1/4 cup reduced-sodium ketchup

2 tablespoons packed brown sugar

1 tablespoon cider vinegar

1 teaspoon dried thyme

1/8 teaspoon hot-pepper sauce

6 boneless, skinless chicken breast halves (4 ounces each)

In a small saucepan, combine the apple juice concentrate, ketchup, brown sugar, vinegar, thyme and hot-pepper sauce. Cook, stirring, over medium heat until the sugar completely dissolves. Remove from the heat and cool to room temperature. Place the chicken in a single layer in a 13-by-9-inch baking pan. Pour about half of the cooled ketchup mixture over the chicken, turning once to coat both sides. Cover and refrigerate both the chicken and the remaining ketchup mixture for 4 to 24 hours. Coat a grill rack with nonstick spray.

Then light the grill according the manufacturer's directions.

Check the temperature for grilling; the temperature should be medium-hot (see the Test Kitchen Tip below). Place the rack on the grill. Remove the chicken from the ketchup mixture; discard whatever ketchup mixture remains in the baking pan. Coat the chicken pieces with nonstick spray and brush them with some of the remaining ketchup mixture. Place the chicken on the rack and grill, uncovered, for 8 minutes. Turn the chicken over and brush with the remaining ketchup mixture. Grill for 7 to 10 minutes, or until the chicken is tender and cooked through. Discard any remaining ketchup mixture.

Preparation time: Not Available

Serves 6

Coffee Glazed Campfire Spareribs

Servings: 8

Ingredients:

Spareribs:

1 Tbsp salt

1 Tbsp coarsely ground pepper

1 tsp sugar

1 tsp cinnamon

1 tsp ground allspice

3 pork sparerib racks, cut into 3-rib sections

2 cups freshly brewed coffee

2/3 cup cider vinegar

Glaze:

3 Tbsp ground chicory

6 Tbsp corn oil

1 lrg onion, minced

2 garlic cloves, pressed

2 Tbsp chili powder

1 Tbsp brown sugar

1/2 tsp cinnamon

1/2 tsp ground allspice

1/2 tsp ground ginger

1 1/2 cups chili sauce, bottled

1 cup freshly brewed coffee

1/3 cup unsulfured light molasses

3 Tbsp Worcestershire sauce

1/2 tsp liquid smoke flavoring

salt

For the glaze:

Grind chicory to powder in processor. Heat oil in heavy large saucepan over medium-high heat. Add onion. Saute until palely golden, about 5 minutes. Add garlic. Saute 2 minutes more. Add 1/3 of the chicory (reserve the remainder for ribs), chili powder, sugar, cinnamon, allspice and ginger. Cook 3 minutes to blend flavors, stirring occasionally. Add chili sauce, coffee, molasses, Worcestershire and liquid smoke. Cook mixture over medium-low heat until thick and glossy, stirring occasionally, about 30 minutes. Season with salt.

Glaze can be prepared one day ahead. Cover tightly and refrigerate.

Before using, stir over low heat until heated through.

For ribs:

Combine first 5 ingredients in small bowl. Mix in chicory reserved from glaze. Sprinkle mixture over both sides of ribs. Cover and let stand 45 minutes at room temperature. Prepare barbecue grill (medium-high heat). Combine coffee and vinegar in small bowl. Place ribs on grill and sear 5 minutes per side. Brush with some of the coffee-vinegar mixture. Cover with grill lid or heavy-duty foil. Cook until meat is almost tender, brushing occasionally, with coffee-vinegar mixture and turning occasionally, about 25 minutes. Brush some of glaze over ribs. Grill until meat is tender, about 5 minutes more. Arrange on platter.

Serve with remaining glaze.

BARBECUED RIBS

Recipe Courtesy of Michel Nischan, Executive Chef Heartbeat Restaurant, NYC

HAM HOCK STOCK:

10 pounds smoked ham hocks

5 pounds fresh ham hocks

Place ham hocks in a stockpot large enough to hold them, leaving 4 inches of room at the top of the pot. Cover with cold water. Bring to a simmer over a medium flame. Skim all the foam off the top. Reduce heat to low and simmer, skimming occasionally for 8 to 10 hours. Strain the stock carefully, as the hock meat will be falling off the bone. Reserve the hock meat for other uses.

ASSORTED BARBECUED RIBS:

2 small slabs beef shortribs

1 slab of pork spareribs

1 to 2 slabs babyback ribs

2 gallons of hot ham hock stock

2 large onions, peeled and quartered

2 roasted cinnamon sticks

4 bulbs of split roasted garlic

4 serrano peppers, split

1 jalapeno pepper, split

Salt and pepper to taste

Use a paring knife to peel the silver skin off the inside of the ribs. Bring the ham hock stock, the vegetables and the cinnamon sticks to a simmer over a medium low flame. Add the beef short ribs and simmer 20 minutes. Add the spareribs and babyback ribs, then simmer 45 minutes to 1 hour longer, or until the ribs are very tender. Carefully remove the ribs from the stock and season on both sides with salt and pepper while hot. Save the stock to reduce for barbecue sauce for other uses. When the ribs come to room temperature, brush with your favorite barbecue sauce. Refrigerate until barbecue time. Preheat oven to 400 degrees or fire up your charcoal grill. Cook the ribs, basting occasionally until the meat is hot and falling off the bone.

=====

MUSTARD BARBECUE SAUCE

Recipe Courtesy of Jack McDavid, Chef/Owner Jack’s Firehouse, Philadelphia, PA

1/2 cup cider vinegar

1/2 cup minced onion

3 jalapeno peppers, minced

1 cup yellow mustard

1 cup deli mustard

1 cup dark corn syrup

1 ounce molasses

Salt and cayenne pepper to taste

Mix the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer for 5 minutes. Cook on low heat until the onions are tender and the mixture thickens.

Yield: 5 cups

TERIYAKI WINGS

Recipe Courtesy of Cathy Lowe

1/2 stick of butter

2 pounds pre-cut chicken wings

Garlic salt

1 1/2 cups Teriyaki sauce

Blue cheese dressing

Pepper

Preheat oven to 400 degrees. Melt butter in a baking pan. Snip off wing tips and discard or save for another use. Find joint and cut wings in two. Season wings with garlic salt and pepper. Place in pan and bake until golden brown, about 30 - 40 minutes. Pour Teriyaki sauce over golden wings and toss to coat. Bake for 20 minutes more, turning frequently. Serve with blue cheese dressing on side. Sorry.. I LOVE fried chicken even though I love the smell of grilling chicken. Grilling or baking is the healthiest of course...

ASIAN SPICED FRIED CHICKEN

5 pounds mixed chicken pieces. I prefer the legs and thighs
3 cups buttermilk
2 tablespoons sambal*
3 cups all purpose flour
1 cup cornmeal
1 tablespoon coarse ground black pepper corn
1 tablespoon coarse ground coriander
1 tablespoon five spice
1 tablespoon salt
Salt to taste

In a large bowl, mix chicken with milk and sambal*. Let stand for 2 hours in the fridge. Mix the rest together. Pre-heat a fryer to 350 degrees. Pull out each piece of chicken and completely dredge in the flour mix. Fry 4 to 6 pieces at a time until GB&D. Check for doneness, will take about 8 minutes. Season lightly with salt.

Prep Time: 2 hours 0 minutes

Cooking Time: 3 hours 44 minutes

* sambal:

Singlong Sambal Dried Prawn

Ingredients: Green Chili, Dried Prawn, Sugar, Salt, Onion, Garlic, Cooking oil & Sodium Benzoate.

Heart Attack in a Bowl

By Walt Snyder

3-4 Breaded Chopped Veal

1 Condensed Can Cream of Onion Soup

1 Condensed Can Milk

Brown the veal

Mix Soup and Milk

Pour Mixed Soup on the Meat

Simmer 12-15 minutes

Enjoy

La Patties La Suar

By Clint Longnecker SR.

15# Hamburger

1 Head Garlic

1 Large White Onion

2 Diced Apples

3 Shaved Carrots

3 Eggs

Unspecified amount of Bread Crumbs

Make into thick patties and Broil

I assume these can be grilled too

Blooming Onion and Dipping Sauce

Submitted by: Jackie Smith

Dipping Sauce:

1/2 cup mayonnaise
1 tablespoon ketchup
2 tablespoons creamy-style horseradish
1/3 teaspoon paprika
1/4 teaspoon salt
1/8 teaspoon dried oregano
1 pinch ground black pepper
1/3 teaspoon cayenne pepper

Blooming Onion:

1 egg
1 cup milk
1 cup all-purpose flour
1 1/2 teaspoons salt
1 1/2 teaspoons cayenne pepper
1 teaspoon paprika
1/2 teaspoon ground black pepper
1/3 teaspoon dried oregano
1/8 teaspoon dried thyme
1/8 teaspoon ground cumin
1 large sweet onion
3/4 cup vegetable oil for frying

Directions

1 To make sauce: In a medium bowl, combine mayonnaise, ketchup, horseradish, 1/3 teaspoon paprika, 1/4 teaspoon salt, 1/8 teaspoon oregano, a dash ground black pepper and cayenne pepper; mix well. Keep sauce covered in refrigerator until needed.

2 To make the batter: In a medium bowl, beat egg and add milk. In a separate bowl, combine flour, salt, cayenne pepper, paprika, ground black pepper, oregano, thyme and cumin; mix.

3 To slice onion: slice 1 inch off of the top and bottom of the onion and remove the papery skin. Use a thin knife to cut a 1 inch diameter core out of the middle of the onion. Now use a very sharp, large knife to slice the onion several times down the center to create 'petals': First slice through the center of the onion to about three-fourths of the way down. Turn the onion 90 degrees and slice it again in an X across the first slice. Keep slicing the sections in half, very carefully until the onion has been cut 16 times. Do not cut down to the bottom of the onion. (The last 8 slices will be difficult, be careful).

4 Spread the 'petals' of the onion apart. To help keep them separate you could plunge the onion into boiling water for 1 minute and then into cold water.

5 Dip the onion into the milk mixture and then coat it liberally with the flour mixture. Again separate the petals and sprinkle the dry coating between them. Once you're sure the onion is well-coated, dip it back into the wet mixture and into the dry coating again. This double-dipping ensures you have a well-coated onion because some of the coating will wash off when you fry the onion.

6 Heat oil in a deep fryer or deep pot to 350 degrees F (175 degrees C). Make sure you use enough oil to completely cover the onion when it fries.

7 Fry the onion right side up in the oil for 10 minutes or until it turns brown. When the onion has browned, remove it from the oil and let it drain on a rack or

paper towels. Open the onion wider from the center so that you can put a small dish of the dipping sauce in the center.

Spring Festival Salad

Recipe courtesy Gourmet Magazine

1 pound freshly boiled beets, chopped

2 hard boiled eggs, chopped

1 carrot, thinly sliced

2 turnips, boiled and diced

1/3 cup lemon juice

1 tablespoon English mustard

1 clove garlic, minced

Salt and pepper, to taste

2/3 cup olive oil

1 bunch scallions, chopped

1 bunch fresh dill, chopped

1 bunch fresh parsley, chopped

Combine beets, eggs, carrot, and turnips in a bowl. In a separate bowl add lemon juice, mustard, garlic, salt and pepper and olive oil and whisk together.

Add herbs to dressing and whisk again to combine. Toss dressing into beet mixture. Season with salt and pepper if more is needed.

Potato Chips

From BBQGUIDE'S Kitchen

2 pounds russet (baking) potatoes, scrubbed

PEANUT OIL!!!

Fine sea salt buy a grinder and sea salt nuggets for grinding!

Slice the potatoes about 1/16-inch thick with a mandolin-style vegetable slicer.

Put the slices in tepid water, to cover, and soak for 30 minutes.

Fill a tall heavy-bottomed pot, like a stockpot, about a third full with the oil.

(Don't over fill the pot with oil, since it bubbles up during frying.) Set a deep frying thermometer in the pot and heat the oil, over medium heat, to 360 degrees F.

Drain and spin the potatoes dry in a salad spinner. Paper towels or towels will work just fine but they must be dry or the oil will foam up with moisture and overflow possibly burning you and your cooking area! When ready to fry, raise the heat to high. Working in small batches, carefully add the potatoes to the hot oil and fry until golden brown, about 2 to 2 1/2 minutes. Lift the chips from the oil with a slotted spoon and transfer to a paper-towel covered baking sheet to drain. Season with the salt. Repeat with the remaining potatoes, taking care that the oil returns to 360 degrees F. before adding each batch. Serve warm or at room temperature. Salt them IMMEDIATELY after removing from the oil!

LIME-THYME POTATO WEDGES

¼ cup margarine, melted

1 tablespoon lime juice

1 teaspoon grated lime peel

1 teaspoon dried thyme

3 large potatoes

¼ cup grated Romano cheese

½ teaspoon salt

¼ teaspoon paprika

In a large bowl, combine the margarine, lime juice, peel and thyme. Cut each potato into eight wedges; add to lime mixture and toss to coat. Place wedges skin side down on a greased baking sheet. Combine the cheese, salt and paprika; sprinkle over potatoes. Bake at 400 degrees for 20-25 minutes or until tender.

6 servings

PIT SMOKED BEEF BRISKET AND HOT SMOKED SAUSAGE WITH TEXAS BARBECUE SAUCE

Recipe courtesy Jack McDavid

Smoked Beef Brisket:

7 pound brisket

Rub:

4 tablespoons salt

2 tablespoons brown sugar

2 teaspoons dry mustard

2 teaspoons onion powder

2 teaspoons garlic powder

2 teaspoons dried basil

3/4 teaspoon dried coriander

1/2 teaspoon dried savory

1 teaspoon black pepper

1/2 teaspoon ground cumin

Mix all the ingredients together, saving 1/4 cup, and rub the brisket vigorously. Store brisket well sealed overnight in a shallow pan.

Brisket Mop or Marinade:

2 dried bay leaves, ground

2 tablespoons brisket rub

1 pound slab bacon, rind removed, diced

1/4 cup onion, minced

1/4 cup garlic, minced

1/4 cup celery, minced

8 bottles Dock Street Lager beer

1 teaspoon dry mustard

1 teaspoon black pepper

1 teaspoon lemon zest

1 tablespoon lemon juice

2 tablespoons soy sauce

2 tablespoons cider vinegar

In a medium sauce pot, place bacon, onion garlic, and celery. Cook over medium

heat until browned. Add 4 bottles of beer to the pot. It's going to be a long day; you will need the other beers for the cook. Bring the pot to a boil. Add rub, mustard, pepper, zest, juice, soy sauce and vinegar. Continue to slowly simmer, for 1 hour, as the meat smokes.

Start a charcoal fire on one side of the grill. Add post oak pieces that have been well soaked (1 hour), or still green and uncured. Control the heat of the fire by closing the air vents to the grill. Place brisket, fat side up, on indirect heat (not over the fire) and close the top of the grill. Grill should be 300 degrees. Baste meat continuously with mop every 30 minutes. When turning

meat always carefully use a spatula and never prick the meat. Tongs or forks may

pierce the meat allowing juices to escape making the meat dry and tough.

Brisket

will be done in about 4 1/2 to 5 hours or when internal temperature reaches 165 degrees. Allow to rest 30 minutes before slicing.

Remove any excess fat and slice brisket across grain 3/8 inches thick. Texans don't use barbecue sauce, but they haven't tried these. Serve hot smoked sausages split, brisket sliced, BBQ sauce, white bread and pickled peppers.

Hot Smoked Sausage:

8 beef sausages from Southside Market and BBQ; Elgin, Texas

Place sausages on smoking grill beside the brisket with indirect heat, not over the fire. Cook at 300 degrees for 1 1/4 hours.

Chipotle BBQ Sauce: 2 tablespoons vegetable oil 1/2 onion, diced 3 cloves garlic, smashed 1 cup chopped tomatoes 1 cup ketchup 1/2 cup coffee 3 tablespoons molasses 2 tablespoons Dijon mustard 3 tablespoons brown sugar 1 tablespoon Worcestershire sauce 2 chipotle peppers In a medium saucepan, over

medium heat, place oil, onion and garlic. Cook for 3 minutes. Add the tomatoes and simmer for about 8 minutes. Add remaining ingredients and bring to a boil. Reduce heat and simmer for 15 minutes. Remove from heat and puree in food processor. Serve right away or let cool and refrigerate.

Pickled Peppers: 3 cups cider vinegar 3 cups pineapple juice 1 tablespoon cracked peppercorns 2 teaspoons thyme leaves 2 bay leaves 1 teaspoon salt 40 jalapenos 25 garlic cloves 1 red onion, peeled and chopped 2 carrots, peeled and shredded

In a large saucepan over high heat, bring vinegar, juice, peppercorns, thyme, bay leaves and salt to a full boil. Add jalapeno, garlic, onion and carrots and bring to a boil again. Remove from heat. Transfer to a large container and seal.

Yield: 4 servings

Prep Time: 8 hours 10 minutes

Cooking Time: 6 hours 30 minutes

Reader's Digest Potato Skin Nachos

Categories: Appetizers

Yield: 32 nachos

4 lg Baking Potatoes, scrubbed

1/4 ts Chili Powder

1/4 ts Salt

1 x 8 oz Jar of Taco Sauce

1 1/2 c Monterey Jack or Cheddar
(shredded)

2 x Jalapeno Peppers, seed/chop

1 cl Garlic, minced

2 tb Fresh Parsley

1) Preheat the oven to 400 F. Bake the potatoes in the oven for 1 hour.

Remove, leaving the oven on and let cool until easy to handle.

2) Halve the potatoes lengthwise and scoop out the pulp, leaving shells

1/8 of an inch thick. Half each potato shell lengthwise then half each piece crosswise.

3) Arrange the potato skins flesh side up on an ungreased baking sheet.

Sprinkle with the chili powder and salt. Bake uncovered for 10 minutes or until heated through.

4) Meanwhile combine the taco sauce, cheese, peppers, garlic and parsley in a small bowl. Spoon the mixture onto the hot potato skins. With the oven rack set 4 inches from the heat, broil the skins for 1 to 2 minutes or until the cheese melts.

Typed for you by Peggy and Bruce Travers, Cyberealms BBS Watertown NY

BRISKET FLATS

Recipe courtesy Lynn and Richard Kancel

1 (4-pound) brisket

Barbecue Rub

2 cups BBQ sauce, your favorite

Prepare brisket with heavier coating of rub. Don't trim fat (gives meat flavor and tenderness). Prepare Smoker the same way you did for the ribs. When the smoker reaches 220 degrees, place your brisket inside and cook until the internal temperature reaches 160 degrees, about 4 hours, or when brisket is almost black. Wrap the brisket in foil. Don't spritz the brisket with apple juice. Place the brisket back into the smoker and continue cooking until the internal temperature reaches 180 degrees, about 2 more hours. ***Cook meat around 1 1/2 hours per pound. (For a 4 pound flat, cook for about 6 hours). Let cool slightly and trim any fat. Then brush on room temperature BBQ sauce, slice and serve.

BUY YOUR STOVETOP SMOKER HERE

BUY ALL YOUR RUBS, SAUCES AND BBQ STUFF HERE!

Be sure to tell em' BBQGUIDE sent ya!

BARBECUED TEXAS BEEF BRISKET

Recipe courtesy Gourmet magazine

Dry Rub:

1/2 cup paprika

3 tablespoons ground black pepper

3 tablespoons coarse salt

3 tablespoons sugar

2 tablespoons chili powder

1 (7 1/2 to 8-pound) untrimmed whole beef brisket

Mop:

12 ounces beer

1/2 cup cider vinegar

1/2 cup water

1/4 cup vegetable oil

2 tablespoons Worcestershire sauce

2 tablespoons minced jalapeno chilies

1 cup purchased barbecue sauce (such as Bull's-Eye)

1 tablespoon chili powder

Dry Rub: Mix first 5 ingredients in small bowl to blend. Transfer 1 tablespoon dry rub to another small bowl and reserve for mop. Spread remaining dry rub all over brisket. Cover with plastic; chill overnight.

Mop: Mix first 6 ingredients plus reserved dry rub in heavy medium saucepan.

Stir over low heat 5 minutes. Pour 1/2 cup mop into bowl; cover and chill for use in sauce. Cover and chill remaining mop. Preheat oven to 375 degrees.

Place brisket, fat side up, in a Dutch oven or other heavy baking pan large enough to hold the brisket. Roast brisket in pan for 3 to 4 hours, basting with mop every 20 minutes, until tender. Transfer brisket to platter; let stand 15 minutes. (Can be made 1 day ahead. Cool 1 hour. Wrap in foil; chill. Before continuing, reheat brisket, still wrapped, in 350 degree oven about 45 minutes.)

Combine barbecue sauce and chili powder in heavy small saucepan. Add any accumulated juices from brisket and bring to boil, thinning sauce with some of reserved 1/2 cup mop, if desired. Thinly slice brisket across grain. Serve

Yield: 12 servings

Prep Time: 10 minutes

Cooking Time: 4 hours 25 minutes

BARBEQUE BRISKET

Recipe Courtesy of Rita's Burgers

3 large carrots, diced

2 large onions, diced

8 ribs celery, diced

2 quarts plum tomatoes

1 pint water

1-10 pound brisket, trimmed of most fat

1 cup barbeque sauce

Preheat oven to 350 degrees. Fill bottom of roasting pan with carrots, onion and celery. Add half of tomatoes and water. Place the brisket on top. Cover brisket with the other half of the tomatoes. Cover pan with aluminum foil and slow roast in oven for 2-1/2-3 hours.

When brisket is tender, remove from oven. Remove vegetables and tomatoes and add to barbeque sauce, puree. Slice the brisket, place it in the puree and place back in oven for 15-20 minutes. Remove from oven and serve

BRISKET ROASTED WITH RED WINE, LEEKS, TOMATO AND PEPPERCORNS

(recipe courtesy of Ann Volkwein and Lynn Kearney)

1 (5-pound) brisket or shoulder roast

1 to 2 tablespoons olive oil

2 tablespoons minced fresh rosemary

2 tablespoons plus fresh thyme leaves

4 cloves garlic, minced

3 whole leeks, cleaned and cut into 1/2-inch rings

3 cups red wine

1 (16-ounce) can tomatoes, whole

2 tablespoons whole peppercorns

Whole thyme leaves

Preheat oven to 325 degrees.

In a heavy pot or Dutch oven heat olive oil and sear the brisket until lightly browned on all sides. Remove meat from pan and let cool for several minutes.

In a small bowl, combine rosemary, 2 tablespoons thyme and garlic. Rub the seared brisket all over with the herb mixture. Place leeks in the bottom of the Dutch oven and place brisket on top. Pour wine and tomatoes around brisket and sprinkle with peppercorns. Bake, covered, for 3 hours, basting frequently.

Make sure the meat is fork tender when you remove it from the oven. Cool, place in refrigerator overnight and remove congealed fat from surface.

To make sauce: Remove meat. Reduce the liquid in the Dutch oven by half. Strain the liquid into a saucepan and heat to a simmer. Whisk in fresh thyme leaves and salt and pepper, to taste. Return brisket to sauce and reheat before serving. Serve over egg noodles or potato latkes.

Yield: 8 servings, with leftovers

Prep Time: 8 hours 0 minutes

Cooking Time: 3 hours 15 minutes

CHAR'S CAJUN BEEF BRISKET

Things you will need:

1 Beef brisket (about 5#)

1 small bottle of liquid smoke
 1 can of 7-up or Sprite
 Cajun Seasoning (enough to cover both sides of brisket)
 1 large onion, chopped (for stove top only)
 1 large bell pepper, chopped (for stove top only)
 2 TB minced/chopped garlic (for stove top only)
 1 gallon sized zip lock bag
 1 TB garlic butter (Land O' Lake roasted garlic butter) (for stove top only)
 Place brisket (thawed) in bag with Cajun seasoning, 7-up/Sprite, and liquid smoke. Zip and shake well. Marinade 48 hours in fridge, turning every few hours to ensure flavorings to seep in. There are two ways I cook this -- one is baking it -- just place the brisket and liquid in a baking dish and slow bake at 325 till meat is fork tender -- the other is stove top or electric pot. Brown just the meat in 1 TB garlic butter, add water as needed. Add veggies and simmer till brisket is fork tender. Slice and enjoy!
 Note: BBQ Cajun Brisket: Prepare for baking as above, leave out fluid, add veggies. Cover with 1 jar of Kraft's Thick and Spicy Honey BBQ sauce. Follow same baking directions. Delicious!

Below is a transcript of a posting on a BBQ message group, in part:
 I do not use water or steam only the natural juices in the brisket. Here is my method of doing a brisket. Step 6 keeps the meat moist try this method and your brisket will come out tender.
 To smoke a brisket that melts in your mouth there are 5 steps that you need to take;
 1. When you buy your brisket make sure that it is fresh and has not been frozen, check date of packing.
 2. Get your brisket with at least 1-1/2 inch of fat on backside, (more on this later). Brisket weight is a matter of opinion, I try to limit size to no more than 10 pounds this will feed 8-10 people with leftovers that your guests will try to take home, don't let them brisket sandwiches with sliced onion is to die for. I always do at least 2 when I cook.
 3. Remove brisket from vacuum pack and rinse in cold water to remove all coagulated blood (will taste better after cooking).
 4. Apply a generous amount of dry rub to brisket coating all surfaces, I use a dry rub that I make myself consisting of salt, paprika, sugar (go light on the sugar will burn on brisket), black pepper and red pepper, Garlic or you can buy a commercialized dry rub Williams Food Products P.O. Box 1370 Cleveland, Texas 77327 Ph. 409-767-8462 is one that I highly recommend. Place brisket in pan and cover with saran wrap overnight minimum of 6 hours.
 5. Start fire in BB-Q pit I use a homemade indirect smoker with the firebox located off to one side (you can control the heat better) you can buy a good smoker from New Braunfels smokers are one of the better brands and usually under \$200.00. I use hickory, pecan, oak, and a sometimes mesquite caution do not use mesquite as your main wood only use during the last 15-20 minutes and only one or two SMALL pieces of cooking or you will have a piece of meat the dog will not eat, and guaranteed to forever taint all that you cook in the future with your pit) I Know I did it. Cook the brisket fat side up for approximately 1-1/2 hours per pound at 300 to 325 degrees F. do not turn over mess with poke with a fork etc. just drink beer and maintain temperature.
 6. The last 2 hours prior to being done remove brisket and wrap in industrial strength tin foil and return to smoker for 1 hour remember to leave fat side up. After time is up remove from tin foil and cook for additional 1 hour, you can

use a sauce if to baste if you want, don't use one that has a lot of sugar in it. I don't baste but prepare a sauce and let my guests put on their own.

7. Remove and let cool for 15-20 minutes if you can, cut brisket across the grain in thin slices. (Keep all guests away during this operation as they will eat it all up prior to serving and could possibly lead to a fight later on between you your significant other, dog houses are not fun to sleep in.

THE REASON FOR LEAVING THE FAT SIDE UP DURING COOKING IS THAT THE GREASE WILL KEEP THE MEAT MOIST and will not dry out. REMEMBER WHEN YOU TO COOK MAINTAIN THE TEMPERATURE BY USING THE DAMPER. AND DON'T SCREW WITH THE BRISKET BY OPENING THE DOOR MOVING, POKING, OF MESSING WITH THE BRISKET.

a REPLY to this post:

Your selection of the brisket and lots of time is what it takes to get it tender.

Try to pickup untrimmed whole brisket 10-13 pound class.

You want fat cat that at least 1/4" thick.

Cook in the 225-250* range for 16 to 18 hours and it will be tender.

Cooking a pork butt over the top of it will also work well to baste the brisket and pork fat is good on everything.

AND:

Try marinating your brisket in Apple Cider Vinegar overnight in a non-aluminum pan. The citric acid in the AC Vinegar will start breaking down the tough connective tissue (this is what makes the brisket tough). Also remember slow and low (time and heat) is the important part of doing great brisket. If you need to monitor the temperature better, I suggest 4-6 hours in the smoker then wrap in foil and finish in the oven @ 200 degrees for approx 6 hours, depending on size of brisket. Basting the brisket with the AC vinegar with smoking will help also.

Good Luck!

08/21/04

Time Saver Brisket B-B-Q

Instead of marinating the brisket overnight and then cooking and smoking for long periods, try this. The list of ingredients, size of the brisket and smoking time can all be fine tuned to suit your own taste and amount of sauce you wish to make.

1 10lb Butcher Trimmed Brisket

1 Can of beer

1 Cup Ketchup

1 Cup Water

1 Cup Woody s Cook-In Sauce

1/2 Cup Brown Sugar

1/2 Cup Vinegar

1/4 Cup Coleman s Mustard (Powdered)

4 Tbl Worcestershire Sauce

2 Tbl Soy Sauce

2 Cloves of Garlic

2 Tbl Tabasco (Don t worry it doesn t make the sauce hot)

Mix all the ingredients in a saucepan, bring to a boil, simmer for five minutes and set to one side.

Over charcoal, sear the brisket on both sides until nicely brown. I always try to have a hot fire with the lid down to prevent flames while searing. Once seared, place in smoker and smoke for 1 1/2 to 2 hours at 200-225 degrees. I use Mesquite for smoking because it is just laying around this part of the country.

Once smoked place the sauce and the brisket in a pressure cooker and cook at 15 lbs for 60 minutes. Remove brisket to the cutting board and slice across the grain at an angle. Thicken (corn starch?) or thin (beer?) the remaining sauce to your liking. Skim any fat from the top of the sauce and pour over slices. This also freezes very well in plastic wear so you can nuke it later.

All-American BBQ Chicken

2 tablespoons olive oil 1 large onion, chopped 2 cans (15 ounces each) tomato sauce 1 cup red wine vinegar 1/2 cup light molasses 1/4 cup Worcestershire 1/3 cup packed brown sugar 3/4 teaspoon ground red pepper (cayenne) 2 chickens (3 1/2 pounds each), each cut into quarters, skin removed if you like 1. In 10-inch skillet, heat olive oil over medium heat. Add onion and cook until tender, about 10 minutes. Stir in tomato sauce, vinegar, molasses, Worcestershire, brown sugar, and ground red pepper; heat to boiling over high heat. Reduce heat to medium-low and cook, uncovered, 45 minutes or until sauce thickens slightly. If not using sauce right away, cover and refrigerate to use within 2 weeks. 2. Reserve 1 1/2 cups sauce to serve with grilled chicken. Place chicken quarters on grill over medium heat; cook 20 to 25 minutes, turning chicken once. Generously brush chicken with some of the remaining barbecue sauce; cook 20 minutes longer, turning pieces often and brushing with sauce frequently until juices run clear when chicken is pierced with tip of knife. Serve with reserved sauce. Preparation Time: about 1 hour 45 minutes Serves: 8All-American BBQ Chicken

2 tablespoons olive oil
1 large onion, chopped
2 cans (15 ounces each) tomato sauce
1 cup red wine vinegar
1/2 cup light molasses
1/4 cup Worcestershire
1/3 cup packed brown sugar
3/4 teaspoon ground red pepper (cayenne)
2 chickens (3 1/2 pounds each), each cut into quarters, skin removed if you like

1. In 10-inch skillet, heat olive oil over medium heat. Add onion and cook until tender, about 10 minutes. Stir in tomato sauce, vinegar, molasses, Worcestershire, brown sugar, and ground red pepper; heat to boiling over high heat. Reduce heat to medium-low and cook, uncovered, 45 minutes or until sauce thickens slightly. If not using sauce right away, cover and refrigerate to use within 2 weeks.
2. Reserve 1 1/2 cups sauce to serve with grilled chicken. Place chicken quarters on grill over medium heat; cook 20 to 25 minutes, turning chicken once. Generously brush chicken with some of the remaining barbecue sauce; cook 20 minutes longer, turning pieces often and brushing with sauce frequently until juices run clear when chicken is pierced with tip of knife. Serve with reserved sauce.

Preparation Time: about 1 hour 45 minutes

Serves: 8

Air Force BBQ Sauce

Subject: BBQ Sauce for Ribs
From: Steve Sanders <robsan19@popalex1.linknet.net>
Reply-To: robsan19@popalex1.linknet.net
Newsgroups: alt.food.barbecue

We got this recipe years, nay, decades ago from an old Master Sergeant in the Air Force. It has always been my favorite, so I thought I'd share it with the rest of you. I've used it primarily on pork spare ribs and country ribs. Makes me hungry just writing about it.

Steve
* Exported from MasterCook *
BBQ Sauce for Ribs
Recipe By : Jimmy Hayes
Serving Size : 1 Preparation Time :0:00
Categories : Bbq Sauces Pork
Barbecue Sauces
Amount Measure Ingredient -- Preparation Method

10 ounces Worcestershire sauce
24 ounces Catsup
1 large onion -- chopped
1 large lemon -- zested and juiced
1 large lemon -- juiced
1/4 cup apple cider vinegar
1/2 cup sugar
1 tablespoon butter
1 clove garlic
Tobasco to taste
Simmer for 1 to 2 hours.

ALL NEW just for you!

Chicken and Meat cooking temperatures on the HOME PAGE

HOME

Apple-Glazed Barbecued Chicken

1 can (6 ounce) frozen apple juice concentrate, thawed

1/4 cup reduced-sodium ketchup

2 tablespoons packed brown sugar

1 tablespoon cider vinegar

1 teaspoon dried thyme

1/8 teaspoon hot-pepper sauce

6 boneless, skinless chicken breast halves (4 ounces each)

In a small saucepan, combine the apple juice concentrate, ketchup, Brown sugar, vinegar, thyme and hot- pepper sauce. Cook, stirring, over medium heat until the sugar completely dissolves. Remove from the heat and cool to room temperature. Place the chicken in a single layer in a 13-by-9-inch baking pan. Pour about half of the cooled ketchup mixture over the chicken, turning once to coat both sides. Cover and refrigerate both the chicken and the remaining ketchup mixture for 4 to 24 hours. Coat a grill rack with nonstick spray. Then light the grill according the manufacturer's directions. Check the temperature for grilling; the temperature should be Medium-hot (see the Test Kitchen Tip below). Place the rack on the grill. Remove the chicken from the ketchup mixture; discard whatever Ketchup mixture remains in the baking pan. Coat the chicken pieces with nonstick spray and brush them with some of the remaining Ketchup mixture. Place the chicken on the rack and grill, uncovered, for 8 minutes. Turn the chicken over and brush with the remaining Ketchup mixture. Grill for 7 to 10 minutes, or until the chicken is tender and cooked through. Discard any remaining ketchup mixture.

Preparation time: Not Available

Serves 6

Coffee Glazed Campfire Spareribs

Servings: 8

Ingredients:

Spareribs:

1 Tbsp salt

1 Tbsp coarsely ground pepper

1 tsp sugar

1 tsp cinnamon

1 tsp ground allspice

3 pork sparerib racks, cut into 3-rib sections

2 cups freshly brewed coffee

2/3 cup cider vinegar

Glaze:

3 Tbsp ground chicory

6 Tbsp corn oil

1 lrg onion, minced

2 garlic cloves, pressed

2 Tbsp chili powder

1 Tbsp brown sugar

1/2 tsp cinnamon

1/2 tsp ground allspice

1/2 tsp ground ginger

1 1/2 cups chili sauce, bottled

1 cup freshly brewed coffee
1/3 cup unsulfured light molasses
3 Tbsp Worcestershire sauce
1/2 tsp liquid smoke flavoring
salt

For the glaze:

Grind chicory to powder in processor. Heat oil in heavy large saucepan over medium-high heat. Add onion. Saute until palely golden, about 5 minutes. Add garlic. Sauté 2 minutes more. Add 1/3 of the chicory (reserve the remainder for ribs), chili powder, sugar, cinnamon, allspice and ginger. Cook 3 minutes to blend flavors, stirring occasionally. Add chili sauce, coffee, molasses, Worcestershire and liquid smoke. Cook mixture over medium-low heat until thick and glossy, stirring occasionally, about 30 minutes. Season with salt.

Glaze can be prepared one day ahead. Cover tightly and refrigerate.

Before using, stir over low heat until heated through.

For ribs:

Combine first 5 ingredients in small bowl. Mix in chicory reserved from glaze. Sprinkle mixture over both sides of ribs. Cover and let stand 45 minutes at room temperature. Prepare barbecue grill (medium-high heat). Combine coffee and vinegar in small bowl. Place ribs on grill and sear 5 minutes per side. Brush with some of the coffee-vinegar mixture. Cover with grill lid or heavy-duty foil. Cook until meat is almost tender, brushing occasionally, with coffee-vinegar mixture and turning occasionally, about 25 minutes. Brush some of glaze over ribs. Grill until meat is tender, about 5 minutes more. Arrange on platter.

Serve with remaining glaze.

BARBECUED RIBS

Recipe Courtesy of Michel Nischan, Executive Chef Heartbeat Restaurant, NYC

HAM HOCK STOCK:

10 pounds smoked ham hocks

5 pounds fresh ham hocks

Place ham hocks in a stockpot large enough to hold them, leaving 4 inches of room at the top of the pot. Cover with cold water. Bring to a simmer over a medium flame. Skim all the foam off the top. Reduce heat to low and simmer, skimming occasionally for 8 to 10 hours. Strain the stock carefully, as the hock meat will be falling off the bone. Reserve the hock meat for other uses.

ASSORTED BARBECUED RIBS:

2 small slabs beef short ribs

1 slab of pork spareribs

1 to 2 slabs babyback ribs

2 gallons of hot ham hock stock

2 large onions, peeled and quartered

2 roasted cinnamon sticks

4 bulbs of split roasted garlic

4 serrano peppers, split

1 jalapeno pepper, split

Salt and pepper to taste

Use a paring knife to peel the silver skin off the inside of the ribs. Bring the ham hock stock, the vegetables and the cinnamon sticks to a simmer over a medium low flame. Add the beef short ribs and simmer 20 minutes. Add the spareribs and babyback ribs, then simmer 45 minutes to 1 hour longer, or until the ribs are very tender. Carefully remove the ribs from the stock and season on

both sides with salt and pepper while hot. Save the stock to reduce for barbecue sauce for other uses. When the ribs come to room temperature, brush with your favorite barbecue sauce. Refrigerate until barbecue time. Preheat oven to 400 degrees or fire up your charcoal grill. Cook the ribs, basting occasionally until the meat is hot and falling off the bone.

=====

MUSTARD BARBECUE SAUCE

Recipe Courtesy of Jack McDavid, Chef/Owner Jack’s Firehouse, Philadelphia, PA

- 1/2 cup cider vinegar
- 1/2 cup minced onion
- 3 jalapeno peppers, minced
- 1 cup yellow mustard
- 1 cup deli mustard
- 1 cup dark corn syrup
- 1 ounce molasses
- Salt and cayenne pepper to taste

Mix the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer for 5 minutes. Cook on low heat until the onions are tender and the mixture thickens.

Yield: 5 cups

TERIYAKI WINGS

Recipe Courtesy of Cathy Lowe

- 1/2 stick of butter
- 2 pounds pre-cut chicken wings
- Garlic salt
- 1 1/2 cups Teriyaki sauce
- Blue cheese dressing
- Pepper

Preheat oven to 400 degrees. Melt butter in a baking pan. Snip off wing tips and discard or save for another use. Find joint and cut wings in two. Season wings with garlic salt and pepper. Place in pan and bake until golden brown, about 30 - 40 minutes. Pour Teriyaki sauce over golden wings and toss to coat. Bake for 20 minutes more, turning frequently. Serve with blue cheese dressing on side. Sorry.. I LOVE fried chicken even though I love the smell of grilling chicken. Grilling or baking is the healthiest of course...

ASIAN SPICED FRIED CHICKEN

- 5 pounds mixed chicken pieces. I prefer the legs and thighs
- 3 cups buttermilk
- 2 tablespoons sambal*
- 3 cups all purpose flour
- 1 cup cornmeal
- 1 tablespoon coarse ground black pepper
- 1 tablespoon coarse ground coriander
- 1 tablespoon five spice
- 1 tablespoon salt
- Salt to taste

In a large bowl, mix chicken with milk and sambal*. Let stand for 2 hours in the fridge. Mix the rest together. Pre-heat a fryer to 350 degrees. Pull out each

piece of chicken and completely dredge in the flour mix. Fry 4 to 6 pieces at a time until GB&D. Check for doneness, will take about 8 minutes. Season lightly with salt.

Prep Time: 2 hours 0 minutes

Cooking Time: 3 hours 44 minutes

* sambal:

Singlong Sambal Dried Prawn

Ingredients: Green Chilli, Dried Prawn, Sugar, Salt, Onion, Garlic, Cooking oil & Sodium Benzoate.

Title: White Lightning
Categories: Bbq, Sauces
Yield: 1 sauce

3/4 c White vinegar 1/2 ts Cayenne pepper
1/2 c Water 2 tb Fresh lemon juice
1/2 c Sugar 1 sm 1015 (sweet Texas, Vidalia,
1/4 c Prepared yellow mustard Or white), onion; diced
1 ts Fresh ground black pepper 3/4 c Melted butter
1 1/2 ts Salt 2 ts Worcestershire sauce

Combine all ingredients, except butter and Worcestershire sauce. Simmer on low, 20 minutes. Add butter, Worcestershire, simmer 20 more minutes. A knock out on beef, poultry and pork!

Title: Texas Soppin' Sauce
Categories: Sauces, Bbq/smoker, Bbq
Yield: 1 servings

-----FOR BEEF, POULTRY, PORK-----
2 Garlic cloves; roughly cut 1/2 t Salt
1 Small dried, hot red pepper 2 T Brown sugar
1/2 t Fresh cilantro; chopped-=OR= 1 T Worcestershire sauce
-1/4 t dried 1 c Cider vinegar
1/4 t Ground cumin 2 c Ketchup
1/2 t Anise seeds Hot pepper sauce, to taste

Combine all ingredients through vinegar in the container of a blender or food processor. Process until smooth. Transfer mixture to a medium saucepan and add the ketchup. Heat to boiling, reduce heat. Simmer uncovered 30 minutes. Add hot pepper sauce to taste. Makes about 3 cups.

Title: Southern-Style Barbecue Sauce 100
Categories: Bbq, Sauces, Grill
Yield: 1 servings

1 sm Onion 1/2 c Dijon style mustard
1 sm Jalapeno chili,pickled or 1 Lime,for juice,or to taste
Fresh,optional 2 tb Or 3 of bourbon
1 tb Butter Salt to taste
1/2 c Honey Fresh ground pepper to taste

Finely chop onion.Seed and chop chili.Melt butter in small saucepan.Add onion and chili and cook over medium heat 2 to 3 minutes or until union is soft but not brown..
Remove pan from heat and whisk in honey,mustard,lime juice and bourbon.Season to taste with salt and pepper.Taste sauce and make necessary adjustments.Sauce should be a little sweet,a little sour and plenty spicy.Makes 1 cup....